

Building Relationships

Healthy vs Unhealthy Relationships

8th grade

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01

Relationships

Relationships

- Family
- Friendships
- Dating Relationships
- Acquaintances
- Mentors/Teachers



Relationship Continuum





02

Healthy Relationships

A word cloud containing the following terms: SAFETY, HEALTHY, LOVE, HONESTY, EQUALITY, RESPECT, TRUST, SUPPORT, COMMUNICATION, CARING, CONSENT, and EQUITY. The words are arranged in a circular pattern, with some appearing multiple times.

Characteristics of a Healthy Relationship

Trust/Honesty	Respect/Reliability
Commitment	Understanding
Compromise	Effective Communication
Independence	Support



03

**Unhealthy
Relationships**

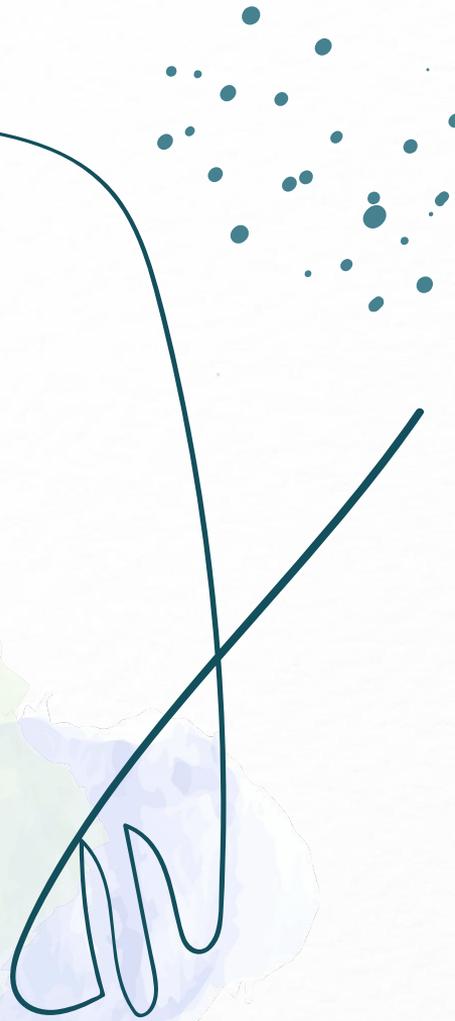
Examples of an Unhealthy Relationship

- A person's feelings or needs are ignored and disrespected.
- Disagreements often turn into fights.
- One person in the relationship is not able to communicate their thoughts and feelings within the relationship.
- When people feel embarrassed or unwilling to express how they feel because their partner may not listen or care.
- There is a lot of jealousy in the relationship when one partner talks to or spends time with other people they care about.



04

Abusive Relationships



Characteristics of an Abusive Relationship

Control	Mistreatment
Hostile	Accusation
Denial	Isolation
Violence	Intimidation

Forms of Abuse in Relationships

Physical

Hitting, slapping, choking, kicking or any other form of physical force

Sexual

Pressuring or forcing you to do anything sexual, including sexting

Financial

Using money for control

Emotional / Verbal

Non-physical behaviors such as insults, humiliation, stalking, controlling behaviors

Cyber

Sending you threats via text, social media, email, stalking you, forcing you to share passwords

Human Trafficking

Common forms are forced labor, sex, and servitude



05

Teen Dating Violence

Teen Dating Violence

- Teen dating violence occurs between two people in a close relationship.
- Teen dating violence doesn't always occur between those who are currently in a relationship, it can also happen between those who were once in a relationship.
- It can take place in the following forms:

**Physical
Violence**

**Sexual
Violence**

**Psychological
Aggression**

**Stalking
Violence**

Impact of Unhealthy and Abusive Relationships

Youth who are victims of abusive relationships are more likely to:

- Experience depression and anxiety symptoms
- Engage in unhealthy behaviors, like using tobacco, drugs and alcohol
- Exhibit antisocial behaviors, like lying, theft, bullying or hitting
- Express suicidal thoughts
- Experience difficulties making and maintaining future relationships



06

Getting Help

SpeakUP

- If you See something, Say something!
- Find an adult (teacher/staff, counselor, principal, or parent) to immediately report concerns.
- Download the SpeakUP app on your phone or tablet to report things that concern you.

This app is also found on the back of your student i.d. badge.

All tips are thoroughly investigated by campus personnel, police & a crisis management team.

SpeakUP
Anonymous Reporting System
Katy ISD

Tips may include

- weapons
- suicide
- bullying
- self harm
- other concerns for safety

Download the Speak UP app on your mobile or smart device.

GET IT ON Google Play

Download on the App Store

For more information visit www.katyisd.org/SpeakUP

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Safety Plan

A safety plan is a practical guide that helps you know where to go for help if you think you are in an abusive relationship. It includes information specific to you and your life that will help keep you safe.

- Staying safe in school
- Staying safe at home
- Staying safe emotionally
- Staying safe while getting help