

UNHEALTHY RELATIONSHIPS

LI: To recognise ways in which a relationship can be unhealthy and who to talk to if you need support.

What relationships do you have in your lives?

WHAT MAKES A POSITIVE
RELATIONSHIP? **TTYP**

- Respect
- Caring for one another
- Honesty
- Trust
- Love
- Companionship



People in positive relationships people care for and respect one another.

Listen to each other - make eye contact

Looking out for one another

Be polite and considerate towards the other person

HOW CAN WE SHOW WE CARE FOR ONE ANOTHER?

Share your favourite toy/game

TTYP - Can you think of any more examples

SOMETIMES, IN A RELATIONSHIP, A PROBLEM MAY OCCUR.

This might cause stress on a friendship, or on family relationships.

- A parent loses their job
- A family member is sick
- There is a new baby in the family
- There may be a separation in the family.

- What other examples can you think of?

ALL FAMILIES HAVE PROBLEMS
SOMETIMES AND IT'S NORMAL FOR
FAMILY MEMBERS TO FALL OUT OR
HAVE DIFFERENT OPINIONS,
ESPECIALLY AS CHILDREN GROW UP.
MANY PROBLEMS ARE NORMAL AND,
ALTHOUGH THEY MAY BE UPSETTING,
YOU ARE STILL SAFE.

IF YOU ARE WORRIED OR UNHAPPY, IT CAN
HELP TO TALK ABOUT HOW YOU'RE FEELING
WITH YOUR **FAMILY** OR WITH ANOTHER
TRUSTED ADULT.

SOMETIMES, THERE MAY BE MORE SERIOUS ISSUES IN A FAMILY. THESE EXAMPLES ARE NEVER OKAY.

- Physical abuse: This is when someone does anything to physically injure you on purpose.
- Emotional abuse: When someone is always putting you down, shouting at you, ignoring you or making you feel bad about yourself.
- Sexual abuse: If someone forces, pressures or tricks you into doing something physically that makes feel uncomfortable. Remember, private parts are private. (Underwear rule)
- Neglect: This is when you don't get what you need to survive and feel safe at home; including things like food or having someone take care of you.
- Domestic abuse: When someone abuses someone in a relationship. It can affect you if it's your relationship or between people in your family.

The PANTS rules

PRIVATES ARE PRIVATE

ALWAYS REMEMBER YOUR
BODY BELONGS TO YOU

NO MEANS NO

TALK ABOUT SECRETS
THAT UPSET YOU

SPEAK UP, SOMEONE
CAN HELP

WHAT SHOULD A CHILD DO IF THEY FEEL
UNHAPPY OR UNSAFE, OR ARE WORRIED
THEY OR SOMEONE THEY KNOW MAY BE
BEING ABUSED? **TTYP**

Talk to a member of the family.

Talk to a trusted adult.

IT IS IMPORTANT YOU TALK TO AN ADULT!

SCENARIOS

- You have been asked to keep a negative secret - *What do you do?*
- Someone you love is hurting you = *What do you do?*
- Someone in your family or a close relation/family friend is hurting **ALWAYS SPEAK TO A TRUSTED ADULT!!**
- You are worried that no one will believe you? *What can you do?*
- You have tried to speak to someone but they did not listen to you? *What can you do?*

ASKING FOR HELP

- Asking for help can take a lot of courage and can be a really difficult thing to do.
- Who would you speak to if there was a problem in one of your relationships?
- You can always call Childline on 0800 1111.