

## Useful contacts

### Childline

Tel: 0800 1111



# Positive Relationships





As we go through life we have to relate to others. From family members, to friends and partners, to work colleagues, or strangers we interact with in our day to day dealings. So, there is no getting away from the fact that relationships are a huge part of life. The question is what type of relationships we have with people. Are they positive or negative? Do we choose to spend time with radiators or drains? These are important things to consider because positive relationships can add to our happiness and sense of self-worth, whereas negative ones can have a detrimental effect on our overall wellbeing.

### **What can affect our relationships?**

Negative experiences

Peer pressure

Self-esteem issues

Learnt behaviours

### **Signs of unhealthy relationships include:**

Always doing what the other person wants

Being asked to do things you are uncomfortable with

Overall lack of respect

Verbal or physical abuse

Neglect (Imbalance of care)

Unnecessary criticism

So what steps can we take? How can we make sure that people in our lives don't take advantage of us and that we, in turn, treat others with care and respect.

### **Techniques for positive relationships**

Accept and celebrate differences

Listen effectively

Give people your time

Develop your communication skills

Manage mobile technology

Learn to give and take feedback with respect

### **Develop empathy**

If you are having issues in relationships that are affecting our wellbeing and you feel you need advice you can visit the childline website: <https://www.childline.org.uk/>