

Healthy relationships



About relationships

There are lots of different types of relationships you can have in your life.



This could be:

- Romantic relationships



- Friends



- Family



- People you work with



- People who might support you





The most important relationship you can have is with yourself.



You can also have romantic and sexual relationships with people who are the same gender as you.

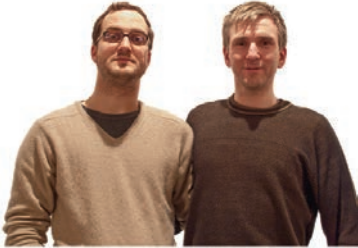


Your gender is how you see yourself. You might feel you are a man, a woman or neither.

LGBTQ+



L Stands for **Lesbian**



G stands for **Gay**



B stands for **Bisexual**



T stands for **Trans**



Q stands for **Queer** or **Questioning**



+ stands for other

Why good relationships are important



Good relationships can

- Help you to feel good about yourself.



- Make you laugh and have fun.



- Be someone you like talking to or someone you can trust.



- Look out for you and be there for you.



- You can share and do things together.

In a good relationship you:



- Listening to each other's feelings and needs.



- Having fun together.



- Speaking kindly to each other.



- Giving each other space.



- Supporting each other.



- Respecting each other.

Consent



Consent means agreeing for something to happen or be done.



For example, someone might ask if they can borrow your pen.



If you say **yes**, this means you give consent.



If you say **no**, this means you do not give consent.



If you say no and someone still does something anyway, they are doing it without consent.

This is not ok.

Consent in relationships



Consent happens with sex and relationships too. Some examples of someone asking you for consent might be:

- Can I hold your hand?
- Can I kiss you?
- Can we have sex?



If you say no and someone still does something, this is not ok.



You might say no to doing something. But someone might keep asking you to do it until you say yes. This is not giving consent.



If someone does something and you did not agree to it, you should tell someone you trust.

How you might feel if someone says no



It is ok to feel upset if someone does not consent to doing something you want to do.



But you cannot force anyone to something they do not want to do.

How to ask for consent

Some examples might be:

- Tell me if you want to stop.
- Does that feel good?
- Is it ok if I touch you there?
- How far do you want to go?





Some more examples might be:

- Do you want me to?
- Do you want to keep going?
- Can we try this?
- Are you ok?
- Are you comfortable with this?
- Do you want to have sex?



No means no

If a person says this things it means **no** too:

- I am not comfortable with this.
- I'm not sure.
- I don't feel like it or let's just chill.
- I don't like this.
- I've changed my mind.

Good things in a relationship



You both plan for the future together.



They don't want to see you all the time.



You are comfortable telling them or that you don't want to do something.



Even when you disagree, you respect what each other think.



They make you feel good and you make them feel good.

Bad things in a relationship



Sharing passwords to **social media** accounts. **Social media** is things like Facebook or X Twitter.



Your friends and family don't know about your relationship.



They force you to take part in things you don't want to do.



You do not agree about anything and argue a lot.



You met on line but they won't show you.



They aren't very kind to you or they post nasty things about you on the internet.