

Relationships

There are many different kinds of relationships, and we can have different types of relationships with different people. From a very young age, you started developing relationships with your family, friends and teachers. As you get older, you develop a larger range of relationships with your 'bestie', work colleagues and you may also develop intimate relationships.

Relationships are an important part of life – they can be a great source of enjoyment and fun as well as providing you with comfort, support and security. It is good to have a range of different types of relationships. It is also important to understand that some relationships will come and go, while others will remain for a lifetime. Sometimes this is a natural progression e.g. you change schools and you contact each other less often, other times it can be because of changing interests, some kind of conflict or 'out-growing' the relationship.

It is important to maintain respectful relationships, to be able to identify the valuable relationships in your life, and to identify those relationships that may become unhealthy.

Whatever the relationship is (or was), relationships can have a strong influence on your life, your sense of self and your identity. Relationships can also be a lot of work and require respect, communication and compromise.

Sometimes, relationships break down. People in a relationship that are fighting tend to spend a lot of time thinking about heavy topics that pull them apart. Often, they forget about the strengths that brought them together in the first place. Talking about shared values, experiences, and beliefs can help them remember why they are fighting for their relationship.

The **Relationship Building: Shared Qualities** resource worksheet can help to nudge the conversation in a positive direction, while highlighting important strengths. You can start by talking about some fun topics, such as movies and music that you both enjoy. As the worksheet progresses, you will be asked about progressively more serious topics, such as goals that you share together. This activity can also create a great opportunity to practice healthy communication skills such as reflective listening, or time-outs of things get derailed.

You can use the **Relationship Conflict Resolution** worksheet to improve the quality of your relationship. The resource describes a few of these skills in an easy-to-follow manner. The skills discussed in this printout include focusing on the problem (not the person), using reflective listening, "I" statements, using time-outs, and working toward a resolution.

Resources:

Relationship Building: Shared Qualities

Relationship Conflict Resolution

Teen Relationships Workbook

Relationships Explained

<https://bodytalk.org.au/relationships/relationships-explained/>

Relationships for Teens

<https://www.healthforteens.co.uk/relationships/>