

Types of Relationships

When discussing relationships, it's easy to focus only on sexual/romantic relationships. However, we have so many more relationships that can also be healthy or unhealthy. These include the relationship with your family, friends, co-workers, self, community, or acquaintances! It is essential to maintain healthy relationships in all parts of your life.

What is a Healthy Relationship?

A healthy relationship is one that lets you be yourself and makes you feel good. Any relationship, whether a friendship or something more serious, should make you feel good. It's important to note that no relationship is perfect all the time—disagreements and different points of view are a normal part of being in a relationship. However, a relationship where people always fight is unhealthy for anyone involved. Anyone involved in a relationship with another person can be abused.

What can I do to build healthy relationships?

Healthy relationships don't just happen; they are built between people. There are some things that everyone can do to develop healthy relationships, such as:

- Be honest with your partner(s).
- Spend time apart and follow your own interests.
- Treat your partner(s) as you would like to be treated.
- Do not look to your partner(s) as the sole provider of your happiness.

- Learn good communication skills. Be clear about what you do and do not want and what you think is acceptable behaviour for you and your partner(s).

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Signs of an Unhealthy Relationship?

It is not always obvious that you are in an unhealthy relationship. Here are some common signs that a relationship is not healthy.

- You are afraid of the other person's reactions.
- You cannot trust them, or they do not trust you.
- They explode whenever angry and then make excuses for their behaviour.
- They are controlling (tell you what you can and cannot do).
- They make you feel bad about yourself.
- You have no boundaries, or your boundaries are not respected.
- They disrespect in public or alone.
- They pressure you to do things.
- They are physically or emotionally abusive.
- They gaslight you.
- They undermine you.

Further, signs that someone is in an unhealthy relationship include:

- Be withdrawn or depressed.
- Give in their partner all the time or won't express their own opinions.
- Often has unexplained or questionable bruises or other injuries.
- Make excuses for your partner(s) behavior.
- Stop hanging out with family and friends.

- Be scared to end the relationship.
- Be afraid of making mistakes.

Signs of a Healthy Relationship

Even though all relationships are different, there are some core signs that your relationship is "healthy":

- You both use honest and open communication.
- Neither person is afraid to tell the other person something
- You are both equal in your relationship.
- No one is pressured to change their values, lifestyle, or personality solely to make others happy.
- No one is trying to control the other person.
- You have good boundaries, and they are respected.
- You feel good about your relationship.
- You feel respected and supported.

Boundaries

Boundaries are a vital part of any healthy relationship. Boundaries are the limitations a person establishes in a relationship to protect and take care of themselves. Examples of boundaries include:

- Not wanting unexpected hugs
- Saying no to an activity
- Taking a break from social media

Healthy boundaries include knowing what types of relationships you want to engage in, how often you engage in those relationships, who you want to have those relationships with and when and where you make those a priority.

Boundaries can be challenging to set as the other person might not understand the new boundary. It is essential to understand that when someone sets a boundary, it is about them, not the other person.

Consent

Consent is most often discussed in reference to sexual relationships. However, consent is an everyday activity that is important to all healthy relationships. Examples of everyday consent include:

- Posting a photo to social media
- Borrowing
- Hugging

When we think about consent, we can think of the acronym FRIES. The criteria listed below are accurate for both sexual and non-sexual relationships:

Freely Given

For this to be true, there is no pressure, manipulation, drugs, or alcohol impacting the consenters' decision.

Reversible

Consent is always reversible. Either partner can change their mind about an activity at any time. This is relevant for all activities, from having sex to posting a photo!

Informed

Consent always needs to be informed. This means that both people know the whole story of their activity. In sexual situations, this could mean only consenting to having sex with a condom (if one partner agrees and then removes the condom, they no longer have consent to perform the sexual

act).

Enthusiastic

Consent always needs to be enthusiastic. Body language is a significant factor in judging active consent. If someone is saying “yes,” but their body is saying “no,” it’s a sign that they’re saying yes because they feel like they have to. Consent should always be rooted in the desire to participate in the activity, not because you feel obligated.

Specific

Consent is always specific to the individual activity, and just because you consented to one thing does not mean you automatically consented to other things. Examples of this include consenting to kissing but not having sex or consenting to hang out with your friends on a specific date but leaving at a particular time.

Abuse

Unhealthy relationships can come in many forms, the most serious being abusive relationships. There are several kinds of abuse:

- Emotional: using guilt, love, jealousy, or other feelings to get you to do things you would not usually want to do.
- Physical: threatening to hurt or hurting your body.
- Sexual: touching your body or forcing you to do things you are uncomfortable doing with your body.
- Spiritual- putting down your beliefs about God or religion.
- Financial: buying gifts, spending money outside of what they can afford, or

taking your money, credit cards, etc., without your permission.

These kinds of abuse are not the only elements in unhealthy relationships and are not the only types of abuse that exist. Racism, homophobia, and sexism are all considered abuse.

Self-Care

Self-care is anything you can do to care for yourself to stay physically, mentally, and emotionally well. Maintaining a relationship with yourself is incredibly important to maintain relationships with others. Some examples include:

- Get out in the fresh air.
- Hang out with friends, families, pets.
- Reaching out to a medical professional when things seem too tough
- Doing activities you enjoy: painting, drawing, sports, makeup
- Relaxing activities such as bathing, having tea or getting more sleep.

We offer a weekly teen group focused on creating and maintaining healthy relationships.

Planned Parenthood

Sexual Health Questions? We Have Answers!

Location:

47 St Clare Avenue, St. John’s, NL

Hours of Operation:

Monday: 9:00 am - 4:30 pm
Tuesday: 12:00 pm - 7:30 pm
Wednesday: 9:00 am - 4:30 pm
Thursday: 9:00 am - 4:30 pm
Friday: 9 am - 4:30 pm
Saturday: 12:00 pm - 5:00 pm

Contact Information:

Phone: 579-1009
Toll-free: 1-877-NO MYTHS
(1-877-666-9847)
Email: pp.nlshc@gmail.com

Website:

www.plannedparenthoodnlshc.com/

Social Media:

Facebook: Planned Parenthood – NLSHC
Instagram: @plannedparenthoodnlshc
TikTok: @plannedparenthoodnl

Please check our Facebook page for additional information regarding resources, events, or clinic closures.

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