

# Healthy Relationships



There are lots of different people in our lives and each of them has a different role.

Some are family members, others are friends, teachers, or community members. No matter why they are in our lives, building positive relationships is an important part of our happiness, growth and success.

Each of us has unique needs, and we depend on healthy friendships to be our best selves.

## Before Video

Prior to watching the video, you may wish to engage in a discussion about what positive relationships are. To prompt deeper thinking prior to watching the video, you may ask questions such as:

1. *Who are some of the people you look up to?*
  - a. *What are the qualities in these people that you admire?*
  - b. *More specifically, do you feel you have a positive relationship with any of these people?*
2. *What are some different kinds of relationships in your life?*
3. *What does having positive relationships mean to you?*

You may also ask students to brainstorm about how they can form positive relationships with others.

## After Video

You may wish to discuss the different types of relationships students have and distinguish which are positive and which are not. Reviewing the information with your students may spark deeper reflection. Here are some questions that may prompt further discussion.

1. *Who are some of the positive relationships you have in your life?*
  - a. *Who do you like getting advice from?*
  - b. *What do they do that makes you feel less stressed? More Happy? Enjoy life?*
2. *What are some ways to decide if a friend is a good person in your life?*
3. *What do you do if you feel like one of your relationships is not so good? Who can you reach out to?*

## Resources

Here are some additional resources that you can share with your students:

1. *For immediate support, reach out to school staff such as your teacher or school counsellor*
2. **Kids Help Phone:** 1.800.668.6868 or text CONNECT to 686868
3. **Fraser Health Crisis Line:** 604.951.8855 or 1.877.820.7444 (toll-free)
4. [www.erase.gov.bc.ca](http://www.erase.gov.bc.ca)
5. [www.foundrybc.ca](http://www.foundrybc.ca)
6. [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)