Healthy Relationships

We start learning about relationships from birth, from day one we start learning skills about how to build them and what a loving safe relationship is.

Developing healthy relationships means building on these skills and refining them so that we can adapt around others needs as well as our own.

We develop relationships with people in lots of different ways - some of these interactions are short whilst some are deep and meaningful.

We have relationships with all kinds of people - our milkman or milk woman, supermarket staff, colleagues, partners, friends and family members, even our dentist!

Each relationship will be unique in its own way, but they will all hold similarities to be healthy and successful.

To maintain healthy relationships we use many skills, social and cultural norms emotional intelligence and much more. Having a good understanding of your own emotional intelligence and what is and isn't acceptable will help you be successful.

Healthy relationships are built around mutual understanding which, involves empathy, trust, respect and an acceptance and understanding of each other's values and boundaries.

When you are in a healthy relationship you can openly share your thoughts and feelings and feel supported and encouraged.

You can just be yourself, free to make choices about your own behaviour and not be controlled or coerced into doing anything you don't want to.

Healthy relationships aren't perfect, disagreements and conflict will happen, it is how those things are managed and how we treat each other that is the key. Feeling, safe, trusted, respected cared for all these things help us thrive, it is our responsibility to be the best version of ourselves and support each other to meet our potential.

This module will help you consider relationships and help you recognise your strengths and areas for development.

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