

Healthy relationships

A relationship is a connection between people. We have many different relationships in our lives. Relationships can be healthy or unhealthy. Disagreements are normal. Be respectful as you discuss your issues. As parents, we have an opportunity to role-model healthy relationships for our children.

Some qualities of a healthy relationship are: acceptance, trust, respect, good communication, feeling safe, support, equality, kindness and having fun together.

Some qualities of an unhealthy relationship are: isolation, jealousy, controlling or possessive behaviours, name-calling, violence or abuse.

If you think you or your child might be in an unhealthy relationship

- Talk to the person
- Talk to a trusted adult, friend or counsellor
- Seek out help if needed from local resources such as:

Thunder Bay Counselling Centre drop-in counselling every Wednesday between 12 pm and 8 pm

Sexual Abuse Centre Thunder Bay crisis line (807) 344-4502

Children's Centre Thunder Bay

Indigenous Friendship Centre

Kids Help Phone 1-800-668-6868

www.thatsnotcool.com

www.loveisrespect.org



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