



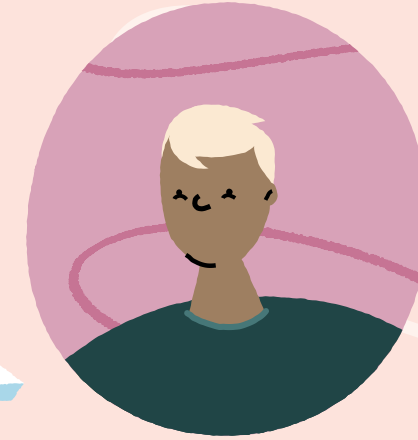
Peer
Education
Project



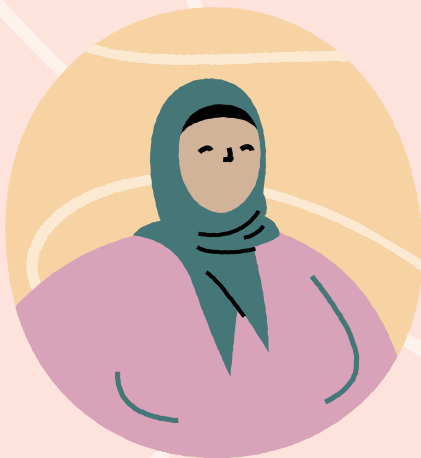
Mental Health
Foundation



HEALTHY



RELATIONSHIPS



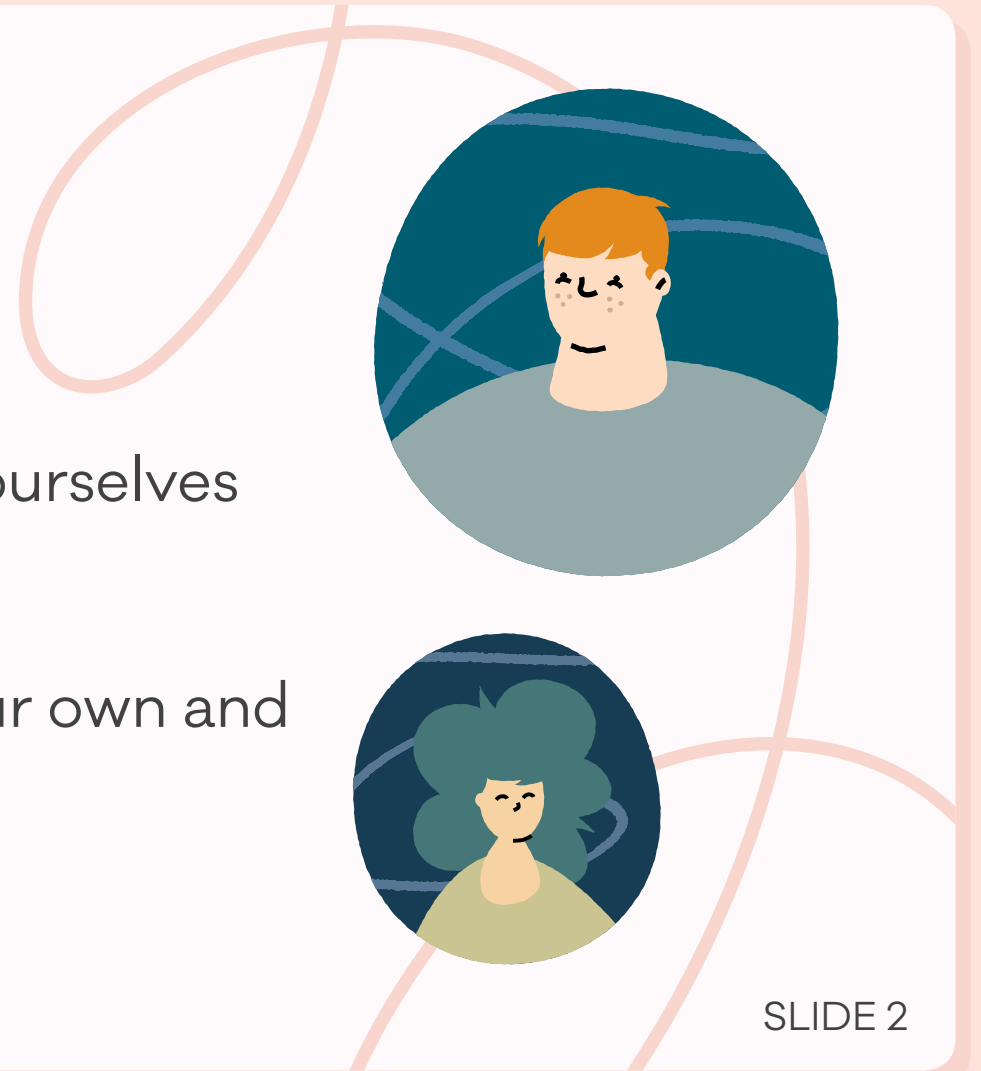
Assembly

Introduction



This assembly will cover:

- What a healthy relationship can be.
- How to build healthy relationships with ourselves and our peers.
- How healthy relationships can benefit our own and others' mental health and wellbeing.



SLIDE 2

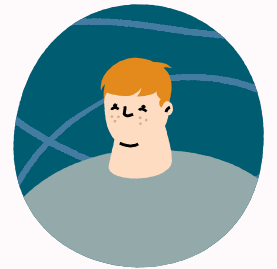
What do we mean by a healthy relationship?



KINDNESS



HONESTY



COMMUNICATION

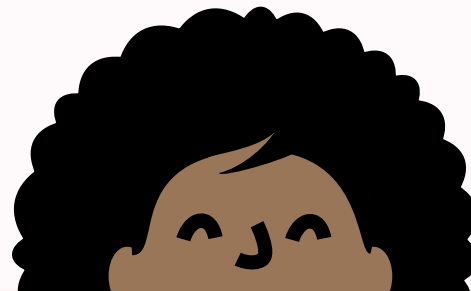
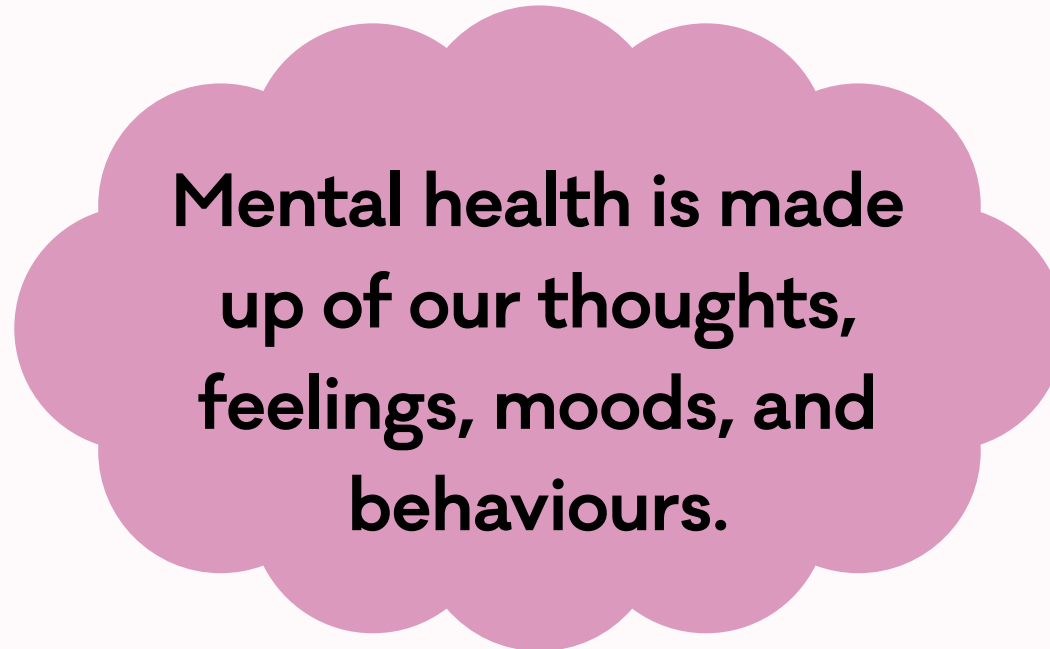


TRUST



RESPECT

What is mental health?



How can healthy relationships with ourselves and our peers be good for our mental health?

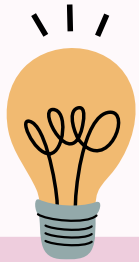


Healthy relationships with ourselves and our peers can support our mental health and wellbeing by:

- Developing our sense of belonging and purpose.
- Improving our self-esteem and self-confidence.
- Providing a support network.
- Providing opportunities to explore our interests with people we have things in common with.



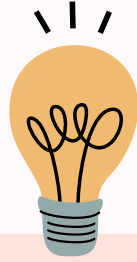
Top tips for building and maintaining healthy relationships with ourselves and our peers



**Taking
time for
yourself**



**Talking
kindly to
yourself**



**Being
honest with
your feelings
and what
you need**



**Respecting
others**



**Putting in
boundaries**



Top tips for building and maintaining healthy relationships with ourselves and our peers



Taking time for yourself

Self-care means taking the time to do the things you enjoy and that bring you comfort.



Top tips for building and maintaining healthy relationships with ourselves and our peers



Taking time for yourself

**TOP
TIPS**



**Focus on the
basics first.**



**Start
small.**



**Try not to
compare.**

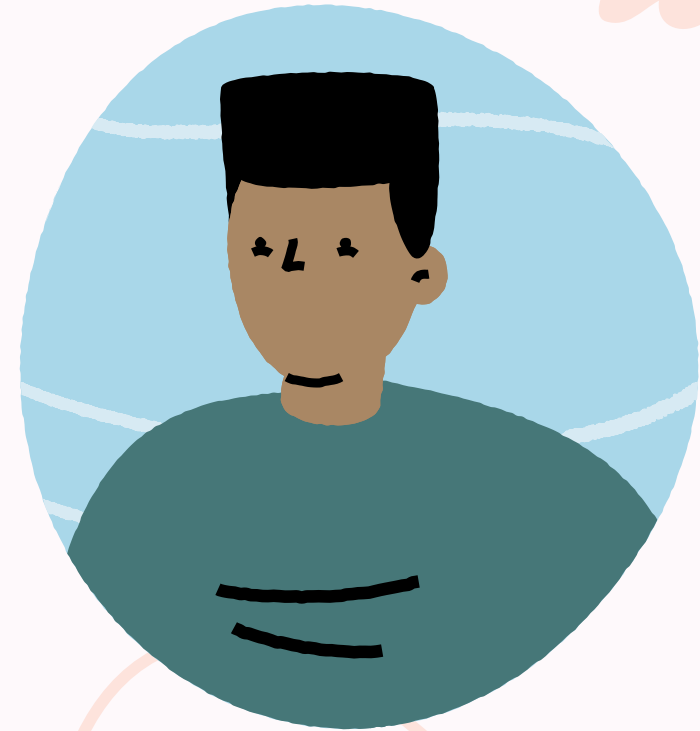
Top tips for building and maintaining healthy relationships with ourselves and our peers



Talking kindly to yourself

Being kind to ourselves can sometimes be more difficult than being kind to others!

We can be kind to ourselves through our thoughts, words and actions.




Top tips for building and maintaining healthy relationships with ourselves and our peers



Talking kindly to yourself

TOP
TIPS



Cheer
yourself on.



Be patient
with yourself.



Check in
with yourself.

Top tips for building and maintaining healthy relationships with ourselves and our peers



Being honest with your feelings and what you need

By being in tune with how we feel, we can begin to recognise what is making us feel a certain way and what we need in the moment to look after ourselves.



Top tips for building and maintaining healthy relationships with ourselves and our peers



Being honest with your feelings and what you need



TOP
TIPS

Find your own
way of expressing
yourself.

Practice
being in the
moment

Top tips for building and maintaining healthy relationships with ourselves and our peers



Putting in boundaries

Personal boundaries are the lines we draw to look after ourselves, feel comfortable with others and safe in different situations.

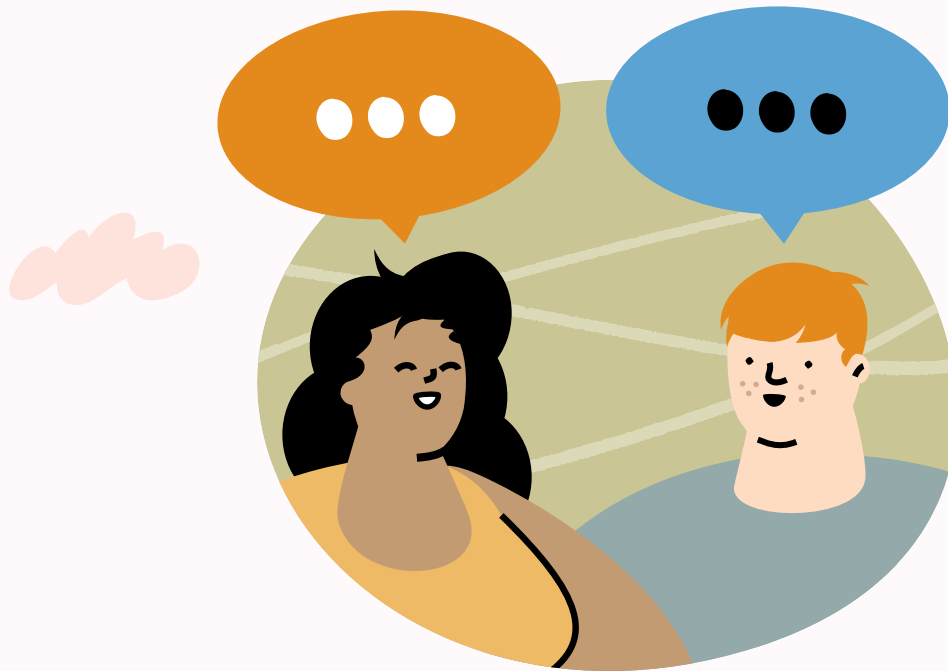
What our boundaries look like and how we put them in place will be different for each of us.



Top tips for building and maintaining healthy relationships with ourselves and our peers



Putting in boundaries



TOP
TIPS



Look after
yourself.



Talk to
someone.

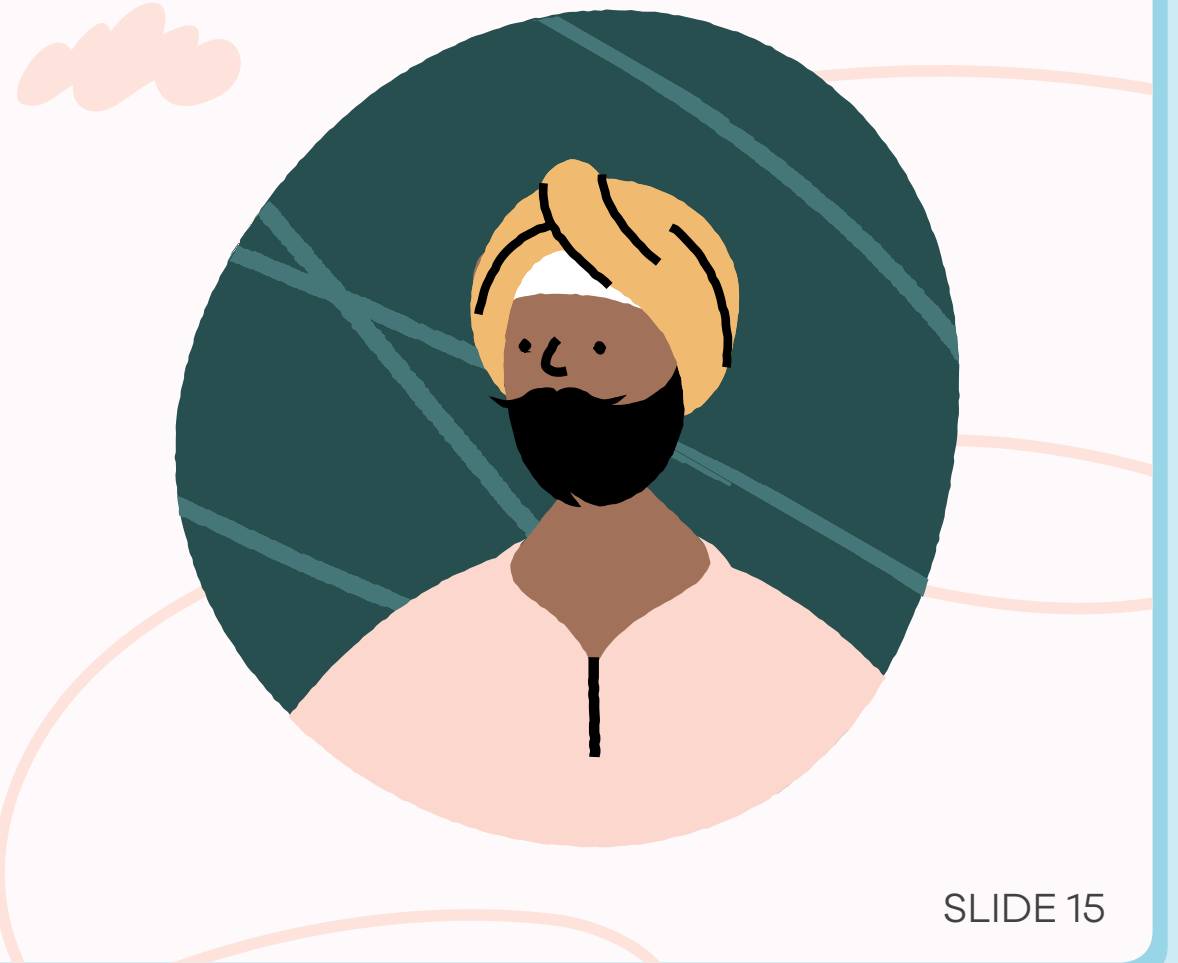
Top tips for building and maintaining healthy relationships with ourselves and our peers



Respecting others

It is important to think carefully about how we communicate with others. Our words and actions can affect others in different ways.

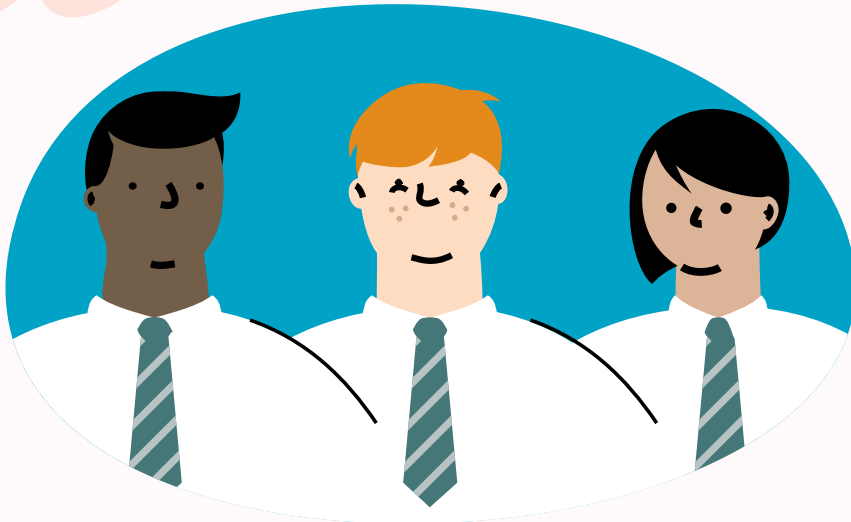
Being kind and respectful to others can be shown through honest and clear communication.



Top tips for building and maintaining healthy relationships with ourselves and our peers



Respecting others



TOP TIPS



We are all different.



We all make mistakes.

Final thoughts



A healthy relationship is one built through kindness, mutual respect, trust, honesty and open communication.

By building positive connections, we can look after our mental health and wellbeing, and establish a support network around us.



Further information and support



**MHF Tips for Young People on
Healthy Relationships by the
Mental Health Foundation**

**Shout: Text
YM to 85258**

