











RELATIONSHIPS

Assembly



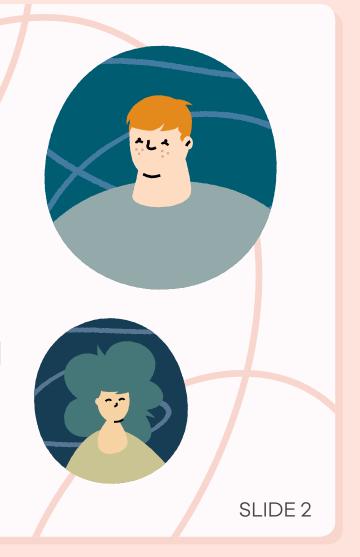
Introduction





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.



What do we mean by a healthy relationship?















COMMUNICATION





What is mental health?





Moods **Thoughts**

Mental health is made up of our thoughts, feelings, moods, and behaviours.



Behaviours Feelings

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.









Taking time for yourself









Being honest with your feelings and what you need













Taking time for yourself

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





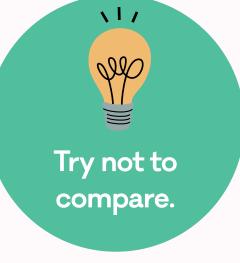


Taking time for yourself













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.







Talking kindly to yourself









Be patient with yourself.



Check in with yourself.





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.







Being honest with your feelings and what you need



Practice being in the moment

XI/





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.







Putting in boundaries



TOP TIPS



someone.



Look after yourself.





Respecting others

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

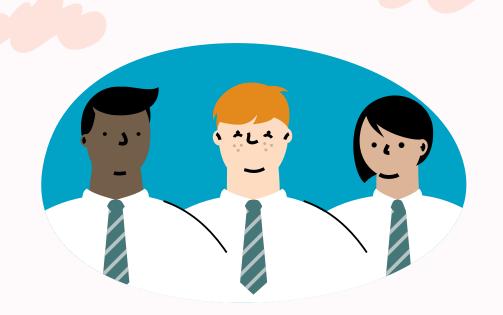
Being kind and respectful to others can be shown through honest and clear communication.







Respecting others



TOP TIPS



We all make mistakes.



We are all different.

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

