

Healthy Relationship High School Teachers Toolkit

Monash Education

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Defining Healthy Relationships

Relationships can all look different, but healthy relationships have a few things in common: open communication, mutual respect and healthy boundaries.

Communication is a key part of building a healthy relationship. The first step is making sure both partners in a relationship want and expect the same things—being on the same page is very important. The following tips can help your students create and maintain a healthy relationship:

Speak Up. In a healthy relationship, if something is bothering them, it's best to talk about it instead of holding it in.

Respect Each Other. Each partner's wishes and feelings have value. Let each other know they are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.

Compromise. Disagreements are a natural part of healthy relationships, but it's important that they find a way to compromise if they disagree on something. They should try to solve conflicts in a fair and rational way.

Be Supportive. Offer reassurance and encouragement to each other in a relationship. Also, partners should let each other know when they need their support. Healthy relationships are about building each other up, not putting each other down.

Respect Each Other's Privacy. Just because someone is in a relationship doesn't mean they have to share everything and constantly be together.

Setting Healthy Boundaries

Healthy relationships require space. Creating healthy boundaries is a good way to keep relationships healthy and secure.

By setting boundaries together, partners can have a deeper understanding of the type of relationship they each want. Boundaries are not meant to make anyone feel trapped or like they are "walking on eggshells."

Creating boundaries is not a sign of secrecy or distrust—it's an expression of what makes someone feel comfortable and what they would like or not like to happen within the relationship.

Healthy boundaries shouldn't restrict someone's ability to:

- Go out with their friends without their partner.

- Participate in activities and hobbies they like.
- Not have to share passwords to their email, social media accounts or phone.
- Respect each other's individual likes and needs.