

## What I Should Know About Healthy Relationships!

### What is a relationship?

- » A relationship is a bond between two or more people that care for each other. Some relationships only last for a short time but some may last for a lifetime!

### What are different types of relationships?

- » **Family** includes parents, brothers, and sisters, and children. It also includes extended family such as grandparents, aunts and uncles, and cousins.
- » **Friends** are people who enjoy being together. Some people become friends at school or work or through their church or social clubs. Some people become friends because they have the same interests. Some friends can be like family to you.
- » **Romantic relationships** are the strong bond between two people that includes love, dating, and sex. Some relationships do not last for long. For relationships that last, people will often get married and start their own families.

### What are different types of romantic relationships?

- » When people are in a romantic relationship, they are called a couple. Usually, people want to date people of the opposite sex. Most couples are a man and a woman. Some people like romance with people of the same-sex. These couples could be a man with another man, or a woman with another woman. Some people have relationships with either sex. There are some people have romantic feelings but don't want sex. Some people love more than one person and have multiple partners. And some people prefer not to have any romantic relationships at all.



### What is sex?

- » Sex is a private act people enjoy in a romantic relationship. Some people call this "making love." This involves kissing and touching each other's bodies including the most private parts. It should always be enjoyable.

# Education for Lifelong Health



## Do people with disabilities have romantic relationships?



- » Of course! People with disabilities have the same options as people without disabilities! Many will have romantic relationships and have sex. People with disabilities get married and have children. Some may not be interested in sex but enjoy romantic feelings. Some people don't care to have romantic relationships. You decide what is right for you!

## What is a healthy relationship?

- » It is a bond between two people where there is care, respect, and trust. It involves having honest talks and listening to each other. Always treat others how you want to be treated, with kindness.

## Why are healthy relationships important?

- » You will have people to have fun and enjoy life.
- » You will have other people to share special moments.
- » You will have someone to talk to about your feelings.
- » You will have someone to ask for advice and guidance.
- » You will have support to help you during good and bad times.

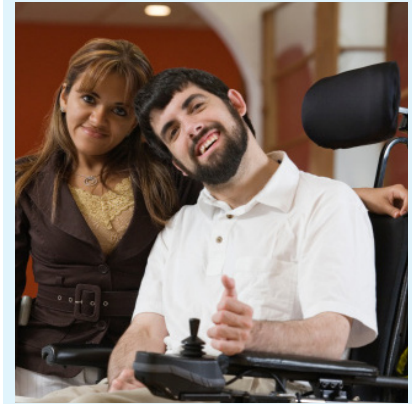
## What are signs of unhealthy relationships?



- » A person tries to get you to do things you do not want to do.
- » Someone uses you to get things they want.
- » Someone does not tell you the truth.
- » A person avoids you or makes you feel bad.
- » A person hitting you, making fun of you, or using mean words.

## What can you do in an unhealthy relationship?

- » Talk to the person that is not being kind. Let them know how you feel. Give them a chance to explain their feelings. Think about if you want to give them a second chance. If they continue hurting you, think about ending your relationship.
- » Unfortunately, some people might experience abusive actions from others. **Do not let people be abusive to you!** If someone's actions are scaring or upsetting you, or they are physically hurting you – tell someone you trust right away! A member of your family, or someone else you know and trust about your difficulties (e.g. your doctor).
- » **You can also call 1-855-484-2846 – a helpline for victims of abuse** who will talk to you about what you should do next.



**Remember:**  
**Relationships should make you happy!**

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