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Teach, Empower and Enjoy Your Children.

Building Healthy Relationships to Prevent Divorce Deciphering Healthy and Unhealthy Relationships

You have many relationships in your life, family relationships like being a son or daughter, a brother or sister, cousin, friend, and eventually boyfriend or girlfriend. While your roles in each of these relationships may look different, all healthy relationships are built on the same traits. Learning these traits and living by them helps to establish a loving relationship and marriage in the future, as well as help you to be better in your relationships now.

Traits of healthy relationships include:

- Respect
- Trust
- Honesty
- Enabling each person to pursue their interests as their own person
- Partners work together to make decisions
- Encourage relationships with family and friends
- Non-violence - no one should be hurt in a healthy relationship
- Partners can depend on one another for protection and safety
- Partners encourage one another to do their best and support them
- Each partner has self-confidence and allow others to share their thoughts

Healthy relationships allow each person to feel supported, loved, respected, and enabled to grow in themselves and their relationship. However, sometimes relationships are not healthy. These unhealthy relationships can do real harm, mentally, emotionally, or even physically.



Building Healthy Relationships to Prevent Divorce

Deciphering Healthy and Unhealthy Relationships

These are traits of unhealthy relationships that you should watch out for:

- Disrespect - if someone makes fun of your thoughts or ideas
- Jealousy
- Betrayal - someone hides things from you or tries to control you through threats
- Control - when someone makes all the decisions for you, they are constantly in charge, and seeks to isolate you from family and friends
- Manipulation - making you feel guilty about things, responsible for their actions or feel bad about something that is not your fault
- Deflecting responsibility - when your partner tries to blame other things for their mistakes
- Violence - either physical or sexual
- Isolation - keeping you away from family or friends and making you completely dependent on your partner
- Sabotage - ruining your efforts, achievements, opportunities, or reputation
- Belittling - making you feel bad about yourself through their actions, words, or "jokes"
- Intimidation - efforts to control your behavior through threats of violence or actual violence

Now that we have discussed elements of healthy and unhealthy relationships, take a **look at these two clips** and **identify which relationship is healthy or unhealthy, and why** from the traits we discussed earlier.

Relationship 1

Relationship 2

If you feel you need help, there is always help. You can talk to your parents. Your parents deeply care about your well-being and seek to protect you and do what is best for you. Teachers, youth leaders, friends, or other trusted adults can also help. There is also help through the National Domestic Violence Hotline: <https://www.thehotline.org/>