YLC

YOUNG LADIES CLUB

The how to guide on relationships

www.youngladiesclub.com

What are relationships?

A relationship is when you are connected or related to others.

A relationship is a close connection between two people, especially one involving romantic or sexual feelings.

Relationships can be positive or negative.

You may have relationships with:

Family

Mums, Dads, Sisters and Brothers Grandmas, Grandads, Cousins, Aunts, Uncles

Friends

Teenagers within your age range at school/college, in your local area or through activities/ hobbies

Romantic Partners

Boyfriends or Girlfriends

Acquaintances

Someone you know but they are not a friend

Work Colleagues

People that you work with

Types of Relationships

- **Platonic Relationships**
- **Romantic Relationships**
- **Codependent Relationships**
- **Casual Relationships**
- **Open Relationships**
- **Toxic Relationships**

Defining relationships?

Platonic Relationships

A friendship that involves a close, intimate bond without sex or romance. Platonic relationships can change over time into romantic or sexual relationships.

Romantic Relationships

Feelings of love and attraction for another person.

Codependent Relationships

When one person believes it's their job to "save" another person by taking care of their needs. The person being "saved" needs to have the feeling of being saved and is reliant on the other person.

Casual Relationships

Emotional and physical relationship between two people who may go on dates, have casual sex or a near-sexual relationship without any commitment.

Open Relationships

Where both people in the relationship agree to be together while also dating other people.

Toxic Relationships

Any type of relationship where you interact with others and feel your emotional, physical, or psychological well-being is undermined or threatened in some way. These relationships may leave you feeling ashamed, humiliated, misunderstood, or unsupported.

Any type of relationship can be toxic, including friendships, family relationships, romantic relationships, or workplace relationships.

*Defining relationships taken from www.verywellmind.com & www.helpguide.org

Abuse in a Relationship

You can experience the following abuse in any of your relationships:

- **Physical abuse or Sexual abuse**
- **Violent or threatening behaviour Coercive or controlling behaviour Financial abuse**
- **Psychological/emotional abuse or Stalking**
- **Spiritual abuse Intimate image abuse**
- **Digital abuse**

Healthy Relationships

Healthy relationships for teenagers often includes several key signs:

Communication

In your relationships you have open and honest conversations and you are comfortable sharing thoughts and feelings with minimal miscommunication.

Trust

You trust others and others trust you. There is independence without suspicion or jealousy.

Respect

You have mutual respect in your relationships for boundaries, opinions, and individuality.

Support

In your relationships you encourage each other's hobbies, studies, goals.

Disagreements

You and others are able to address disagreements in a healthy way without expressing hurtful behaviour, like yelling, name calling and other insults.

Socialising

Enjoying other's company and shared interest in activities/ hobbies.

Boundaries

Clear boundaries that are respected so everyone feels safe and comfortable.

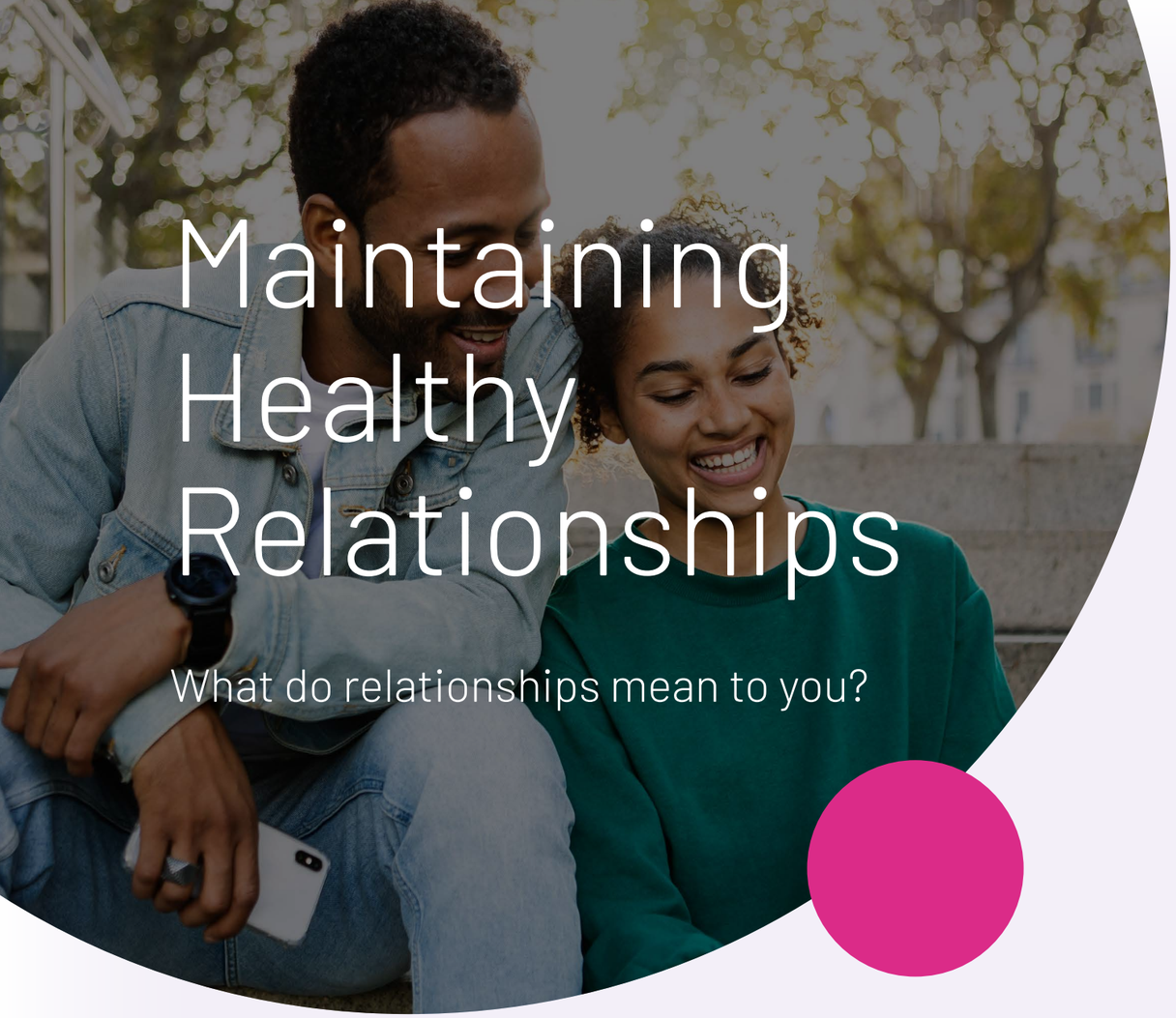
Individuality

Each person is able to maintain their own identity, friendships, and interests.

Examples of healthy relationships

You can experience the following abuse in any of your relationships:

- **You are able to express yourself freely**
- **There is mutual trust and respect**
- **You are able to give others space and vice versa**
- **People are easily forgiven**
- **Nobody is setting too many rules and expectations**
- **You feel supported**



Maintaining Healthy Relationships

What do relationships mean to you?

Take some time to think about what having a healthy relationship(s) means to you?

What do you you think a healthy relationship(s) looks like?

How can you be a good friend to others?

How others be a good friend to you?

Unhealthy Relationships

Unhealthy relationships may show signs of:

Miscommunication

Not being able to openly discuss thoughts and feelings so problems are not talked about. There can be arguments, issues are not discussed or are ignored and avoided.

Lack of Trust

You do not trust others and others do not trust you.

Disrespect

There is no respect for yours or other's boundaries, opinions, and individuality.

Support

In your relationships you do not feel supported or you are unable to support others with their hobbies, studies, goals.

Disagreements

You and others are unable to address disagreements in a healthy way. There may be hurtful behaviour, like yelling, name calling and physical violence.

Boundaries

Boundaries are not respected by you or others so individuals feel uncomfortable and may be in unsafe situations.

Individuality

You or others lack your own identity, friendships, and interests.

Its normal to have disagreements within your relationships especially with your parents and others that you have regular contact with. This may include arguments and sometimes shouting however it is not healthy to put someone down, embarrass, physically hurt or use threats of violence towards others.

Examples of unhealthy relationships

You can experience the following abuse in any of your relationships:

- **You argue with your parents, siblings or others on a regular basis and blame yourself**
- **You have fear and anxiety around certain people**
- **You experience physical violence**
- **You are unable to express your feelings or raise concerns with others**
- **Your boyfriend/girlfriend monitors your activity on social media**
- **Your friend(s) spreads rumours about you**
- **You are pressured into doing things you are uncomfortable with**
- **You have trouble concentrating at school, college or work and cannot sleep properly due to the stress from interacting with certain people**

Recognising Unhealthy Relationships

I think I am in an unhealthy relationship?

Why do I think I am in an unhealthy relationship?

What is happening?

Who am I in an unhealthy relationship with?

Who can I talk to?

Things not okay?

Be Kind To Yourself! Abuse is never your fault!

If things are not okay at home, with your parents or family members, friends, at your place of study/ work, find someone you trust to speak with.

You may want to tell a friend or trusted adult. If you are not comfortable approaching an adult alone, ask a friend to support you.

If you cannot talk to someone, write a note to a person you trust letting them know that you need help. Call a helpline for support, please go to page ?

If you are experiencing any abuse in your relationships it is very important to get help.

If you think you are someone that instigates abuse towards others, think about what support would help you in having healthy relationships. Speak with a friend, trusted adult or call an advice line for support.

Remember abuse can be any of the following:

- **Physical abuse Sexual abuse**
- **Violent or threatening behaviour**
- **Coercive or controlling behaviour**
- **Financial abuse**
- **Psychological/emotional abuse**
- **Stalking**
- **Spiritual abuse**
- **Intimate image abuse**
- **Digital abuse**

Some examples of what abuse looks like:

- Jealous, controlling or possessive behaviour
- Plays minds games
- Checks, tracks or hacks your phone and monitors social media use
- Isolates you from friends and family
- Tells you who you can be friends with
- Controls your money or makes you dependent on them for money. You may be manipulated into making large unaffordable purchases
- Pressures you to take part in something sexually that you don't want to or have not consented to do
- Shares private images/videos with their friends, peer group or on social media
- Being forced to take part in illegal activities such as drug selling or possessing weapons
- Being forced to be a part of a gang and taking part in gang activity
- Shows up uninvited and unexpectedly to places where you are including your home, place of study or work
- Inappropriate behaviour from a worker of your church
- Using your social media accounts without your permission
- Creating a profile page in your name without your permission

How can I cope?

Be Kind To Yourself!
Abuse is never your fault!

Talk to someone you trust - like a friend, parent, other family member or teacher. If this is not an option you can call an advice line for support.

Keep a journal, write down how you are feeling Write poetry to help you express your feelings.

Draw a picture or get involved in another artistic hobby or exercise.

Think about what your favourite activity is and do this alone or with friends.

Useful Contacts

If you are in immediate danger please call 999

If you are in danger & unable to speak key 55 on your mobile phone - this will connect you to the police

Childline: 0800 1111 or 1166 111 from an O2 network

YoungMinds: 020 7089 5050

Revenge Porn helpline for over 18s only: 0345 6000 459

If would like to receive support from Young Ladies Club, please contact us on 07950 205 342 or visit www.youngladiesclub.com

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