Words you will learn:

civil partnership
A legal relationship that gives two people many of the same rights as marriage.

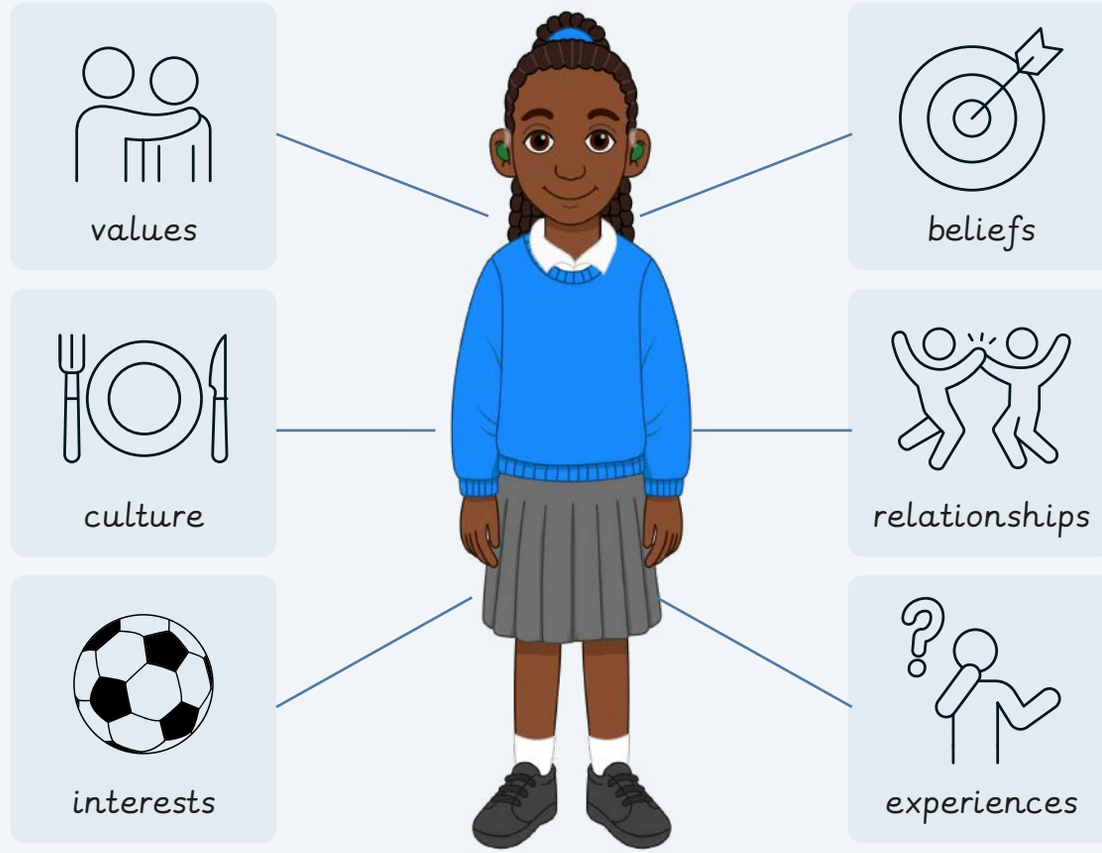
commitment
A promise to keep supporting someone or something over time.

conflict
A disagreement between people with different ideas or feelings.

influence
The power to affect how someone thinks or acts.

marriage
A legal joining of two people who choose to share their lives together.

support
Help or care given to others or received from others.



Healthy relationships can be with family, friends and other trusted adults. As we grow older our relationships change.

Healthy relationships grow when we:

Communicate honestly → Trust and support each other → Respect boundaries → Balance everyone's needs → Resolve conflict respectfully

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Families can look different. Families show care and commitment in different ways.

Some are legal commitments like marriage or civil partnership.



Some commitments support and protect each other.



All families deserve respect and kindness.

Friendships can grow, change or end.

Healthy friendships can support our mental health by helping us feel happy, safe and confident.

Healthy friendships ✓	Unhealthy friendships ✗
• Trust each other • Support each other • Are honest • Solve problems respectfully	• Pressure you • Ignore your boundaries • Break promises

Disagreements are a normal part of healthy friendships. When a disagreement happens:

- Stay calm
- Listen to each other
- Speak in a way that is respectful and assertive
- Find a compromise
- Move forward together

Speak to a trusted adult if:

- someone repeatedly ignores your boundaries
- someone makes you feel unsafe
- someone pressures you to do something unsafe
- you are worried about someone else



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