



Types of Relationships



There are many types of relationships. All relationships require each person to work together. Relationships are like plants. In order to keep them healthy and growing, we need to water them with healthy behaviors. Review two types of relationships below, how to water them, and which behaviors may cause the relationship to become healthy or unhealthy..

FRIENDS

are people who share common interests, goals and care for one another. Friends add to your joy and share your sadness.

AUTHORITATIVE ADULTS

are adults who have been trusted to protect you, help you & guide you toward positive actions using the power they have over your actions & life. Not all adults have authority over you.



You can meet a friend anywhere. With your friends you learn to work, play and explore together.



Friends show respect by asking for consent before hugging, playing or using one another's toys.



Friends don't always agree but they listen to one another, use kind words and make peace.



Friends build trust by being honest, keeping their promises, sharing their feelings and spending time with one another.



Giving and sharing should be done by both friends. If only one friend shares, the relationship can become unhealthy.



A friend should never judge you, call you names or make you feel ashamed because of your differences.



This adult may be your teacher, a police officer, your parent, or an older family or community member. They have a limited amount of power over your actions but should never abuse their power by hurting you.



These adults have been trusted to keep you safe. They may provide safety for you by asking for consent or permission before touching you.



An adult may show respect towards you by listening to you, acknowledging your presence, being honest, and calling you by your name. You return this respect by doing the same.



An adult may be physically stronger than you but should never cause you to feel unsafe in your body. If this happens, you should always tell another adult that you feel safe around. Make a list with your parent of adults that you feel you can talk to when you feel unsafe.



No adult should EVER ask you to lie or keep secrets from your parents. If they do, tell a trusted adult.

Watch the AMAZE video [What Makes A Relationship Healthy?](#)

Watch the AMAZE video [Finding An Adult That You Can Trust](#)





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