



# healthy relationships



**Doncaster**  
Metropolitan Borough Council

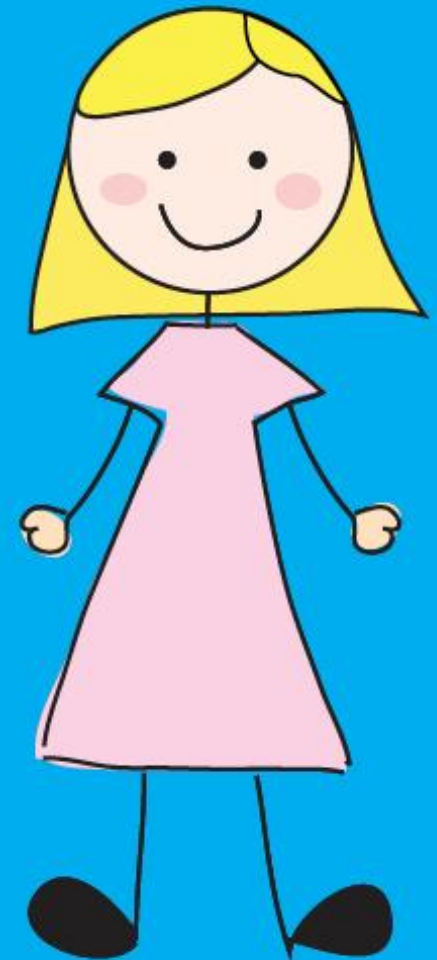


**A part of staying  
safe is having  
healthy  
relationships  
both at home and  
with your friends...**



# family life

Arguments do happen in families even if everyone gets on most of the time. However, it's not right for one grown up to always hurt or bully another grown up in the family. This does happen in some families and there are people who can help if this is worrying you.





**Lets take a look at the differences between healthy and unhealthy relationships and where you can go for help and advice.**





# what is a healthy relationship?

**A healthy relationship is when you feel safe and supported by your family or another person, like your friend.**



# what is an unhealthy relationship?



**An unhealthy relationship is when people deliberately try to hurt you or make you feel bad. Using violence such as kicking, punching or biting or saying mean and nasty things is not right.**



**A healthy relationship  
means:**

- ★ **Respecting each other**
- ★ **Being able to be yourself**
- ★ **Being kind to one another**
- ★ **Supporting each other**
- ★ **Having fun together!**



## **expect respect**

**We should all expect respect for ourselves and treat others with respect too.**

**All children have the right to be loved and cared for.**

# the underwear rule...

You shouldn't feel forced by others to do things you feel uncomfortable with or know are wrong. You have the right to say no.

Remember...

**P**rivates are privates

**A**lways remember your body belongs to you

**N**o means no

**T**alk about secrets that upset you

**S**peak up, someone can help.

Call 01302 737200

[www.nspcc.org.uk](http://www.nspcc.org.uk)



## **don't keep it a secret!**

**If you ever feel scared or frightened in your own home, don't keep it a secret, talk to someone you can trust.**



## get talking!

There are lots of people who can help if you or anyone you know is being hurt or treated badly.

Talk to a parent/carer, family member, teacher or other member of staff in school, social worker or youth worker.





# useful contacts

**Childline Helpline**

**0800 1111**

**[www.childline.org.uk](http://www.childline.org.uk)**

**School Nurse Service**

**Text 07917 031891 or**

**call 01302 384138**

**Project 3 Young People's Service**  
**01302 640032**

**Always call 999 in an emergency**

**All helplines are private!**

