

A WISE GUIDE TO

HEALTHY RELATIONSHIPS



ALL HEALTHY RELATIONSHIPS, WHETHER THAT'S A FRIENDSHIP, FAMILY MEMBER OF A PARTNER, WILL HAVE R.E.S.T AT THE CENTER OF THEM. R.E.S.T NEEDS TO BE IN THE ABSENCE OF EXPECTATION, PRESSURE OR CONDITION (FOR EXAMPLE I WILL ONLY RESPECT YOU IF...).

R

RESPECT

Respect about appreciating your partners opinions, beliefs, and decisions - both in and outside of your relationship. Respect can be accepting that someone's viewpoint is different to your; as well as respecting and honouring what somebody's boundaries are (what they are comfortable with and how they want to be treated).

E

EQUALITY

Equality in relationships is about making decisions together. Similar to respect, it's about acknowledging that your partner's needs and wants are as important as yours. Most importantly, it's about having the same level of power and having your voice heard and maintaining equal decision making, whilst respecting each other's boundaries.

S

SAFETY

Safety is about knowing that your partners intention is to keep you free from physical, emotional and psychological harm. Safety is defined as 'the condition of being protected from or unlikely to cause danger, risk, or injury' – so in a relationship it would not be safe if a partner was exposing you too or neglecting danger, risk or injury.

T

TRUST

Trust is knowing that when someone acts they're coming from a good and honest place; having your best interests in mind. You don't feel deceived and know that they will listen to you and trust that they are being honest. A relationship free of manipulation, coercion or someone taking advantage of your good will.

YOU HAVE THE RIGHT TO BE HAPPY AND HEALTHY IN YOUR REALTIONSIPS

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WHEN R.E.S.T IS USED TO CONTROL



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R

(NOT) RESPECT

'I only respect girls who aren't loud and talk to loads of boys'
'I'll respect you if you don't hang out with them'
'You're someone I respect, therefore you wouldn't...'
'I've said that I respect you but I'm going to make jokes about you and pressure you to change'

E

(NOT) EQUALITY

'When you pay, then you can choose where we go to eat.'
'If I'm not going out tonight then you have to stay in too.'
'We always go to your house, tonight we have to go to my house.'

S

(NOT) SAFETY

'You can't speak to those people cos I don't think they're good for you/safe.'
'I don't want you to drink without me there because I don't trust you to be safe.'
'You have text me at least once an hour when you're out so I know that you're safe.'

T

(NOT) TRUST

'If I can trust you then why can't I look at your phone?'
'I trust people who have slept with less than 'x' amount of people.'
'If I could trust you, you would tell me all about your last relationship'

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