

## Building Good Relationships



Having good relationships with other people helps us live happily! Good relationships can help us reach our goals. They can help us feel better when we are sad or hurting.

We have many types of relationships in our lives. We have families and friends. We can also have a boyfriend, girlfriend, husband, or wife.



Good relationships are an important part of our lives. We respect and care for each other in good relationships. We respect each other's bodies, space, money, and things. We listen to each other.



We work things out with each other when we disagree. We say sorry when we upset each other. We only touch people who want or like to be touched. We only touch people when we want to touch them. We return things or money we borrow. We only use each other's things or homes with permission.



We sometimes get into bad relationships. Bad relationships are the opposite of good relationships. People do not respect and care for each other. People do not respect each other's bodies, space, money, and things. People do not listen to each other.



People may use things or places without permission. People may borrow things or money and not return them. People may bully one another. People may say mean things to or about each other. People may also touch or hit one another.



No one should stay in a bad relationship. No one should ever touch you when you do not want them to. No one should ever make you touch them if you don't want to. No one should ever hit you. No one should treat you in a way that makes you feel badly.



Do not stay in a bad relationship. Talk with someone you trust about the relationship. Decide with them on how to end the relationship. Call the police or a hotline if you need to.

**Contact us if you need more help.**

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