HEALTHY RELATIONSHIPS

ARE IMPERATIVE TO HEALTHY DEVELOPMENT. THEY HELP YOUTH FEEL VALUED, SUPPORTED, AND PROTECTED FROM STRESSORS THEY INEVITABLY ENCOUNTER.

THE NUMBER OF KIDS WITH HIGH-QUALITY RELATIONSHIPS IS DECLINING.
Healthy relationships affect both the mental and physical well being of our youth. Let's take a look.

8 Domains Affected by Relationship Quality
Based on the 2014 Trends Report
by Drs. Wendy Craig & Debra Pepler

Mental Health

Number 1

High
Low

38% more youth in high-quality relationships with their parents report good mental health than those with low-quality.
**2. Overall Health**

Statistically, kids who have higher quality relationships with their peers have better overall health.

**3. Healthy Eating**

Interesting Fact: Healthy eating increases as the quality of youth relationships with their neighbourhoods increases.

**AS Relationship Quality**

with Parents and Schools

**INCREASES**

**Fighting**

**DECREASES**
QUALITY OF LIFE

25% MORE YOUTH

REPORT A HIGH-QUALITY OF LIFE IF THEY HAVE A POSITIVE RELATIONSHIP WITH THEIR PARENTS

KIDS WITH HIGH-QUALITY PARENT RELATIONSHIPS ARE ALMOST 20% LESS LIKELY TO SUFFER INJURIES THAN THOSE WITH LOW QUALITY RELATIONSHIPS

THEY ALSO HAVE . . .

NEARLY A 20% REDUCTION IN CANNABIS USE

A MORE THAN 15% REDUCTION IN ALCOHOL CONSUMPTION

AND OVER A 10% REDUCTION IN SMOKING & HARD DRUG USE
AND LAST BUT NOT LEAST

Kids with healthy relationships with peers & parents see a 20% and 15% decrease in victimization, respectively.

BUT LET'S NOT FORGET...

These types of relationships are declining, so fewer youth are experiencing the benefits of healthy relationships.

WE NEED TO

Focus on improving the quality of all important relationships and the practices of all adults involved in the lives of children.


Visit PREVNet.ca for more info.

OH, AND ALSO

SHARE THIS GRAPHIC