IMPORTANT FOR HEALTHY RELATIONSHIPS

■ Understanding – put yourself in the other person’s shoes
■ Be playful
■ Have good role models

You can help us swim! …not sink
All young people need healthy relationships with family, friends, and other important people in their lives, such as teachers and coaches. Strong, positive connections to other people help them learn and grow.

Our Kids Network asked a group of grade 7 and 8 students to talk about relationships.

Developmental Relationships were created by the Search Institute®
Generous funding provided for Our Kids Network Asset-Building Initiative by

Poster developed by grade 7 and 8 students from Eastview Public School, Oakville.
All quotations included in the Relationships Help us Sink or Swim poster are as stated by the students, no coaching or editing has taken place.

Learn more about Our Kids Network and building assets at www.ourkidsnetwork.ca
Strong relationships play an important role in bullying prevention, positive mental health and well-being, youth engagement, social emotional learning, and many other risk and protective factors.

- [www.ourkidsnetwork.ca/building-relationships](http://www.ourkidsnetwork.ca/building-relationships)
- [www.search-institute.org](http://www.search-institute.org)
- [www.parentfurther.com](http://www.parentfurther.com)

The students also talked about barriers to positive relationships such as arguing, jealousy, stress, gossiping, and bullying.

### What Can You Do?

- **Express care:** show me that I matter to you and I can trust you.
  - “Thank you Mom for spending time with me and having fun.”

- **Expand possibilities:** connect me with new experiences, people, and places.
  - “Thanks Uncle for helping me find what I love.”

- **Share power:** respect me, give me a say, and let me lead sometimes.
  - “Thank you Nana for always supporting me no matter which path I decided to take.”

- **Provide support:** help me complete tasks, achieve goals, and gain confidence.
  - “Thank you Dad for helping me through the move and settling down.”

- **Challenge growth:** encourage me to keep getting better and learn from my mistakes.
  - “Thanks BFF for always making me laugh and making me try new things.”

- **Put Relationships First Everyday!**

- **Don’t Let Us Sink!**

### Asset-Building

The toolkit contains a broad variety of resources and has been designed to support all professionals, regardless of stage or level of asset-building.

[Temple Website](http://www.ourkidsnetwork.ca/Asset-Building)

### What Can You Do?

- **IMPORTANT FOR HEALTHY RELATIONSHIPS**
  - **Understanding:** put yourself in the other person’s shoes
  - **Good listening:**
  - **Be respectful:**
  - **Be truthful:**
  - **Good communication:**
  - **Support:**
  - **Have many friends from different groups:**
  - **Be playful:**

### Watch Our Video!

After they had learned about Developmental Relationships, the students talked about how relationships with family, friends, and peers make a difference in their lives. They then went on to create a video with the support of adult allies called Relationships Help Us Sink or Swim – How Will You Help Us?

[Temple Website](http://www.ourkidsnetwork.ca/Relationships-Matter)

### Learn More About Relationships

Strong relationships play an important role in bullying prevention, positive mental health and well-being, youth engagement, social emotional learning, and many other risk and protective factors.

[Temple Website](http://www.ourkidsnetwork.ca/building-relationships)

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