

OTR

**OTR'S GUIDE TO
RELATIONSHIPS AND
CONNECTIONS**



HOW TO USE THIS GUIDE...



At OTR, we believe that relationships are key to positive wellbeing on a personal level as well as for society as a whole.

So with that in mind, we made this little guide designed to be a brief look at the relationships we have - *not just romantic relationships*, but friendships and family relationships as well as our relationship with ourselves.

Now, our relationships can be super varied and different, so these are just ideas of things that seem important to us - but it might not be the same for you.

For more information on relationships, please see the back page of this guide for more places to look!

IT STARTS FROM THE SELF!

Many people think that one of the most important things in maintaining good relationships is actively caring for and respecting yourself. So start here by trying to get bingo every day!

Did something relaxing	Had my 5-a-day	Learned something new
Brushed Teeth/ Cleaned Self	Spoke to someone who makes me feel good	Got active
Went outside	Got creative	Drank some water

RELATIONSHIP REFLECTION...

Think of an important positive relationship in your life.

Now, answer the following questions (you can ask them to help if you want to!)

NAME:.....

What do I appreciate about them?

What do they appreciate about me?

What are the most important moments in our relationship?

CONTACT LIST!

Use this space below as a place to make a note of the people who you can reach out to... Try to think of as many different people as possible!

(Example) I can have fun with...

Name.....JO.....How to reach.....TEXTING THEM / INVITING THEM OVER.....

I can have fun with...

Name.....How to reach.....

I can be honest with...

Name.....How to reach.....

I can de-stress with...

Name.....How to reach.....

I can get support from...

Name.....How to reach.....

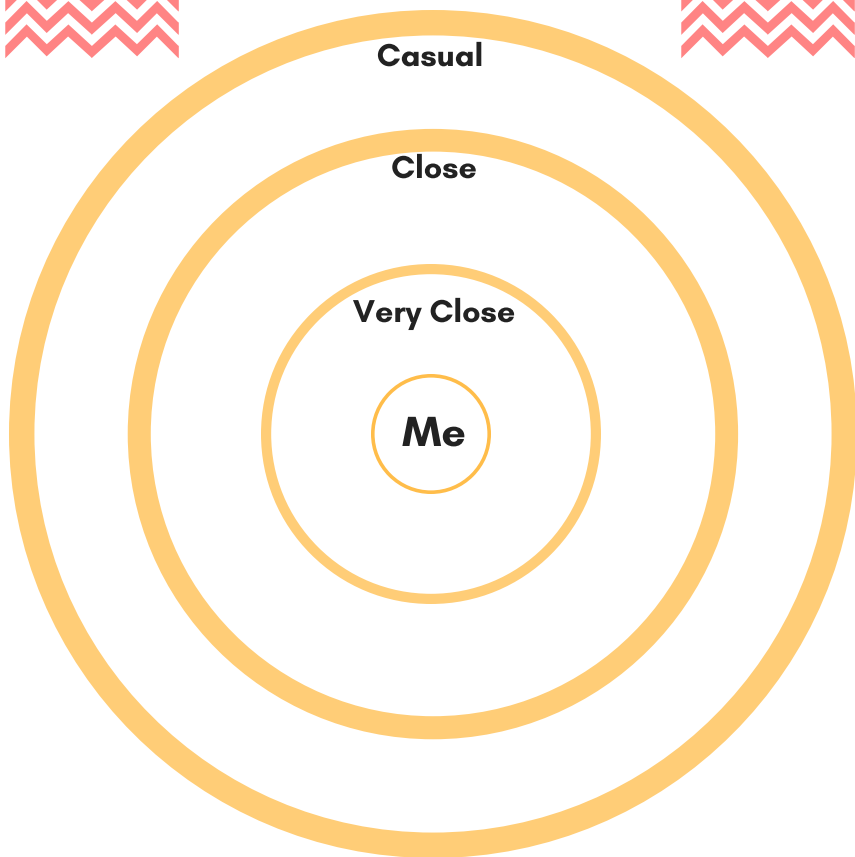
I can be creative with...

Name.....How to reach.....

I can get stuff done with...

Name.....How to reach.....

IMPROVING OUR RELATIONSHIPS



Use these image above to note 5-10 important people in your life - placing them in the circles based on how close they are to you (the closer to the centre, the closer the relationship.)

- 1) Choose one person you would like to move closer to the centre.
- 2) Why are they there and not already closer?
- 3) Now note 3 things you could do this week to move them closer
- 4) Repeat as many times (with as many people) as you wish!

HEALTHY & UNHEALTHY RELATIONSHIPS

Healthy

- ✓ Supportive and caring
- ✓ Encourages you to grow
- ✓ Has equal say in activities, plans and negotiation (compromising)
- ✓ Transparent, honest and accountable
- ✓ Supports pushing you outside of comfort zone for your benefit
- ✓ Can state difference of opinion whilst respecting yours
- ✓ Respects your boundaries (of all kinds - eg. no means no)
- ✓ Has friends outside of relationship and accepts that you do the same

Unhealthy

- ✗ Judgemental and cold
- ✗ Lowers your self-esteem
- ✗ Controlling, domineering and manipulative (uncompromising)
- ✗ Doesn't communicate, lies and can't take criticism
- ✗ Tries to change you for their benefit or desire
- ✗ Aggressive or threatening behaviour during disagreements
- ✗ Abusive, pushes you to do things you don't want to do
- ✗ Jealous of your connections outside of relationship

DON'T FORGET- YOU ARE NOT ALONE

If you're concerned about a relationship, these are some people you can call:

- Childline - 0800 1111
- Samaritans (Bristol) - 0117 983 1000
- (For Women and Girls in Bristol) - Next Link - 0117 925 0680
- (For Men and Boys in Bristol) - Victim Support - 0300 303 1972
- (For LGBTQ* support Nationwide) - Galop - 0800 999 5428



OTR believes that relationships are truly what makes the difference when it comes to supporting and boosting our wellbeing.

However, relationships can be complicated and change a lot as we grow up.

This booklet is designed to be a space to look at some of the relationships we have, which ones are important and why, the difference between healthy and unhealthy relationships and how to improve them.

For more information on relationships and wellbeing:

themix.org.uk/your-voices/campaigns/madly-in-love
loveisrespect.org/healthy-relationships/
actonitnow.co.uk/young-people/
familylives.org.uk/advice/teenagers/sex/healthy-relationships/



This booklet was made by OTR Bristol, a mental health social movement by and for young people aged 11-25 in Bristol and South Glos.

For more information on what we do, visit otrbristol.org.uk or call us on 0808 808 9120 (Mon-Fri, 2-5pm).

Follow us online: @otrbristol