**Healthy Relationships**

This patch program is designed to teach girls about forming healthy relationships in all aspects of their lives.

It is important to treat each other with kindness and respect if you want to build a healthy relationship with someone. A relationship is the way in which two or more concepts, objects, or people are connected, or the state of being connected. Trust, respect, boundaries, and communication are essential components of healthy relationships. A healthy relationship should allow for calmly resolving conflict and compromising whenever necessary. It is important for both people to feel appreciated and to have the freedom to pursue their interests and goals. Relationships that are healthy feel like teams rather than one-sided affairs. It is also important to remember that both partners should support each other's dreams and emotions. Healthy relationships do not always apply to just spouses. Parents, friends, and coworkers should also maintain a healthy relationship with you.

Complete the following activities to learn about healthy relationships and earn the official patch.

**Learn About It:** Complete “Learn about Body Safety” and 2 other Activities

 **Learn about the Three C’s of Healthy Relationships:**

1. Communication:
   * + Communicate in a way that makes your partner feel wanted, needed, and appreciated. Communication can be verbal but also you can show how you feel without speaking at all. When it comes to communicating, it is not always what is said, but how the words are presented that matters. Explore the world of body language and how to read it.
     + <https://www.psychologytoday.com/us/basics/body-language>
2. Compromise:
   * + When trying to compromise with someone it is important to remind yourself that you are not always correct and you need to listen to what they are saying. Do not interrupt. When conflict arises, set time aside to listen to each other and hear each other out. You need to keep an open mind and be willing to accept change.

Ensure you are utilizing active listening. Learn about active listening techniques and benefits.

* + - <https://www.verywellmind.com/what-is-active-listening-3024343>

1. Commitment:
   * When you're in a relationship, a big way you can show that you are committed is by putting each other first. Prioritize and set time aside for each other. Find fun and thoughtful ways to show that you appreciate each other. Learn about the different love languages.
   * [https://ideas.ted.com/whats-your-favorite-persons-love-language-heres-ho w-to-tell-and-how-to-use-it/](https://ideas.ted.com/whats-your-favorite-persons-love-language-heres-how-to-tell-and-how-to-use-it/)

 **Read:**

* + Read and understand the Golden Rules of a Healthy Relationship:

[https://www.askmen.com/dating/relationship-advice/golden-rules-of-healthy-relati onships-according-to-experts.html](https://www.askmen.com/dating/relationship-advice/golden-rules-of-healthy-relationships-according-to-experts.html)

* + Reflect on what you have learned in a journal.

 **Learn about Body Safety:**

Understand Boundaries: Personal boundaries are rules we make for ourselves in relationships. A boundary may look like, “I don’t want to be tickled,” or “Can we please not discuss report cards.” If someone has healthy boundaries, they can say "no" when they need to. It's important to know that even if someone has authority over you, you can still say "no" if they're crossing your boundaries. Remember the principle of “ask, listen, respect.” You set your boundary by asking the other person for what you need to feel safe, ex. “Please don’t tickle me, I don’t like it.” The other person should listen to your boundary, and make sure they understand what you are asking for. Then, they should respect your boundary. If they continue to cross your boundary, remove yourself from the situation.

Physical: How to keep yourself Safe from Physical Abuse

* + What is Physical Abuse?: Physical abuse is a form of abuse in which one person uses violence or physical force to cause injury, harm or pain to someone.
  + Know the Signs of Physical Abuse:
  + Bruises
  + Cuts
  + Broken or fractured bones
  + Burns
  + Scarring
  + Understand the Difference: It is important to note that bumps, trips, and falls are a common occurrence among children and even adults, and not every cut or bruise is indicative of physical abuse. However, if someone exhibits repeated or patterned injuries, it is imperative to report the situation.

Mental: How to Keep yourself Safe from Mental Abuse

* + What is Mental Abuse?: Mental abuse is a repeated pattern of behavior that damages the psychological, sociological, and emotional growth of a person, as well as their self-esteem. This may include ongoing criticism, intimidation tactics, withholding love or care, and neglect.
  + Know the Signs of Mental Abuse:
  + Name-Calling: Words that are used as a tactic to ridicule and belittle people.
  + Humiliation: Humiliation is a way for an abuser to feel a sense of control by pointing out changes in appearance and/or insecurities.
  + Making Threats: Threats are used to instill fear in a person. This causes a person to easily be intimidated and gives the abuser the opportunity to take control over someone.
  + Blaming: Many times abusers will blame their cruelty on their recipient. Examples can include “Maybe if you weren't so messy I wouldn’t call you stupid” or “Maybe if you didn't dress so poorly I would actually call you

pretty.”

* + Post Traumatic Stress Disorder (PTSD): PTSD is normally triggered by a traumatic event. Many people think that PTSD is always war veterans but that is not always the case. PTSD includes exposure to things, such as combat war, sexual assault, physical abuse, natural disasters and even accidents. Complex PTSD occurs when symptoms are longer such as prolonged abuse.
  + What to do if you, or someone you know is being mentally or physically abused:

\*\*Be aware that victims may have a hard time accepting help\*\*

* + Talk to a trusted adult: This can be a parent, troop leader, family member, friend, teacher, or school counselor.
  + Seek support: Find a therapist or psychologist who specializes in abuse and trauma.
  + Involve Law Enforcement: If you or a friend's safety is at immediate risk, contact the police. They can intervene and take any legal action necessary. Call the National Domestic Violence Hotline: 1−800−799−7233

 **Watch:**

* + Building Healthy Relationships (For Teens) <https://youtu.be/ELLaMPiPqPM>- How to Set Healthy Personal Boundaries <https://youtu.be/pC5FtPX6Ngg>

 **Hear From a Professional:**

* + Hear from a licensed therapist on what they believe healthy relationships are. Ask how they determine healthy relationships with their clients and discover what advice they give to their clients that are struggling with unhealthy relationships.

Ask how they use healthy relationship tactics in their day-to-day life.

**Talk About It:** Complete 3 activities

 **What does having a healthy relationship mean to you?**

* + After learning about healthy relationships how will you use your newfound knowledge and apply it to your friendships and relationships? Make a list of healthy and unhealthy relationship standards.

 **What do healthy boundaries look like for you?**

* + After learning about boundaries, discuss the meaning of consent in a relationship paying particular attention to the concepts of “ask, listen, and respect”.

 **Ask a Troop Leader or a trusted adult what maintaining a healthy relationship means to them.**

* + Confer with an adult on what they think healthy relationships are. Ask them what boundaries they set in their relationships growing up. Ask them about their experiences. Did they ever have a time when they were not in a healthy relationship? Create a list of reliable adults' contact information whom you can reach out to for assistance if you find yourself in an unhealthy relationship and are in need of support.

 **Talk with your troop or a friend about what having a healthy relationship means to them.**

* + Explore with your peers the meaning of a healthy relationship. Discuss the distinctions between a healthy and an unhealthy relationship. Act out several relationship scenarios to assess whether or not they are healthy.

**Act On It:** Pick 2 Activities

 **Make a Video:**

* + Create a video summarizing the key points you have learned about establishing healthy relationships and share it with your service unit. This will allow them to gain the same knowledge as you, and benefit from it.

 **Make a Collage:**

* + Gather magazines and select pictures that demonstrate healthy relationships or positive behaviors. Afterward, discuss these choices with your troop or a trusted adult and explain why you selected certain photos.

 **Make a Game:**

* + Create a card game with examples of healthy and unhealthy relationship scenarios. Play the game with a friend or adult and ask them to place the card in the pile for "healthy" or "unhealthy" relationships.

 **Make a Boundary Commitment:**

* + Think about all you have learned and select one boundary that you want to establish in your relationships. Write the boundary down on a journal sheet to demonstrate your commitment towards implementing it. For the next 30 days practice establishing your boundary so it becomes a habit. Write the results of each day on your journal sheet.

 **Make a Personal Charter:**

* + Think about how you will handle yourself if you notice a friend in an unhealthy relationship. How would you bring the topic up to your friend? What steps would you do to take care of your friend? Write your ideas down as your personal charter.

Congratulations, you have earned the Health Relationships patch! Special thanks to Mackenzie Boothe from The Balanced Life, the Megan Montgomery Foundation, and Gold Award Girl Scout Amanda Browning.