

Welfare Awareness Topic: Healthy Relationships with Peers

Overview: *The relationships we form with other people are vital to our mental and emotional well-being, and it is important to make sure our relationships with peers are also healthy.*

A healthy relationship is one that has trust, honesty, respect, good communication, fairness, equality, appreciation of others, that supports boundaries, and is fun.

It is important to communicate, respect and value the input of others, take responsibility of your words and actions, and be inclusive with the opinions and perspectives of others.

To build good relationships it is important to know your needs, develop your people skills, focus on your emotional intelligence, practice mindful listening, schedule time to build relationships and manage your own boundaries.

Here are some tips for building healthy relationships with your peers:

- Good communication: be a good listener; have empathy and see things from the other persons point of view; be encouraging and show interest; be aware of the other persons emotions; understand their body language.
- Honesty and trust: be honest and respectful, know that persons boundaries and respect differences.
- Mutual respect and support: respect that others will not have the same opinions and beliefs as you, and accept these differences. Support your peers through difficult times regardless of their beliefs and backgrounds.
- Celebrate achievements: don't compete for achievements and positives, but celebrate the achievements of others and support your peers.

Sometimes you will meet people that you will not get along with, but it is important to find mutually beneficial goals, reflect on yourself and your actions, try to get to know the person, and aim to find a strategy to communicate better and improve your relationship- focusing on the things you have in common rather than your differences.

Article/Source / Find out more

- This [Healthy Relationship Toolkit](#) has great advice and tips for healthy relationships, and can be used to start the conversation around healthy relationships and consent.
- [Stonewall](#) have a wide range of services to provide help and support to those from the LGBTQ+ communities and their allies. [Galop](#) have support and helplines for anyone in the UK who is LGBT+ and has experienced domestic abuse or hate crime. [The Proud Trust](#) have resources for LGBT+ young people, and advice on staying safe.
- [Student Space](#) has some great resources on friendships and wellbeing.
- [Relate](#) – the UK's largest provider of relationship support
- [Refuge](#) – charity providing support for domestic violence victims
- [Samaritans](#) – offers support for individuals experiencing emotional distress

Support

If you would like to talk to the safeguarding team about anything you have just read, we will listen without judgement and signpost you to support. If you would like to talk to a member of the Safeguarding Team then please get in touch: safeguarding@bpp.com