

# THE SURVIVAL GUIDE FOR HEALTHY RELATIONSHIPS

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# There's All Different Kinds!

- ★ FRIENDSHIP
- ★ FAMILY
- ★ ROMANTIC
- ★ PROFESSIONAL

# The Building Blocks of All Relationships



**1. Communication**

**2. Trust**

**3. Respect**

**4. Boundaries**



# FRIEND

A PERSON WHOM ONE KNOWS AND HAS A BOND OF MUTUAL TRUST, AND RESPECT.



# WHAT MAKES A HEALTHY FRIENDSHIP?

- ★ ACCEPTANCE
- ★ HONESTY
- ★ PRESENCE, NOT PRESENTS
- ★ COMMUNICATION
- ★ SUPPORT
- ★ FORGIVENESS
- ★ BOUNDARIES

# FRIENDSHIPS ARE GOOD FOR YOUR HEALTH!

- Having friends wards off depression
- Spending time with friends lowers blood pressure, and decreases risk of heart disease.
- A Swedish study found that having no or few close friends increased the risk of first time heart attacks by 50%.
- Live Longer! People who reported having a group of close friends lived 22% longer than people who reported being lonely.
- Groups of friends can develop healthy habits together.





**FUN FACT: COWS HAVE PLATONIC RELATIONSHIPS!**



# *Having Friends Is All About...*

- 1. Quality, Not Quantity*
- 2. Mutual Respect*
- 3. Growing*
- 4. Honesty*
- 5. Staying Connected*



# Easy Ways To Make Friends





ROMANTIC RELATIONSHIPS

# WHAT DEFINES A ROMANTIC RELATIONSHIP?

- *Mutual respect*
  - *Similar values*
  - *Mutual attraction*
  - *Exclusivity*
  - *Intimacy*
  - *Communication*
  - *Boundaries*
-

# HEALTHY AND UNHEALTHY ROMANTIC RELATIONSHIPS

- ★ HONESTY
- ★ COMPROMISE
- ★ PEER PRESSURE
- ★ HOSTILITY
- ★ INDIVIDUALITY
- ★ VIOLENCE
- ★ UNDERSTANDING

- ★ TRUST
- ★ CONTROLLING BEHAVIOR
- ★ DISRESPECT
- ★ BOUNDARIES
- ★ PROBLEM SOLVING
- ★ DEPENDENCE
- ★ GRUDGES



# Jealousy In Relationships



- Jealous thoughts vs. jealous actions
- Byproduct of fear and low self-esteem
- Usually irrational
- **EXTREMELY** toxic to a relationship
- What are some examples?



A photograph of a couple walking on a city street, holding hands. The woman on the left is wearing a tan parka, a patterned scarf, and brown boots. The man on the right is wearing a dark jacket and tan pants. The scene is lit with warm, golden light, suggesting late afternoon or early morning. The background is a blurred city street.

# DON'T LOSE YOUR IDENTITY

YOU ARE STILL AN INDIVIDUAL.

IT'S OK TO DISAGREE.

YOU DON'T NEED TO CHANGE TO MAKE  
SOMEONE LIKE YOU.

DON'T LET THE RELATIONSHIP  
DEFINE YOU.

**WHAT TO DO WHEN  
A ROMANTIC  
RELATIONSHIP  
ENDS**



## HEALTHY POST-BREAK UP TIPS

- ★ SURROUND YOURSELF WITH FRIENDS AND FAMILY.
- ★ ENJOY YOUR HOBBIES/TRY A NEW ONE.
- ★ RESPECT NEW BOUNDARIES.
- ★ DON'T DWELL ON THE PAST, LOOK TO THE FUTURE!
- ★ LEARN FROM YOUR EXPERIENCE.
- ★ CONSIDER STARTING A HEALTHY FRIENDSHIP.

CHECK OUT [LOVEISRESPECT.ORG](https://www.loveisrespect.org) TO TAKE THE HEALTHY RELATIONSHIPS QUIZ!

## UNHEALTHY POST-BREAK UP TIPS

- ★ SPEND ALL OF YOUR TIME ALONE
- ★ STOP SHOWING UP FOR CLUBS, TEAMS, ETC.
- ★ CONSTANTLY TRY TO CONTACT YOUR EX
- ★ THINKING YOU'LL NEVER FIND ANYONE ELSE
- ★ BLAMING YOURSELF
- ★ HOLD A GRUDGE AGAINST YOUR EX



Mark walked to the corner store with his sister and her friend after dinner one night to get ice cream. When he returned home a half hour later, he saw that he had several missed calls and a few text messages from his girlfriend Cindy, including one that said "Are you cheating on me?"

**UNHEALTHY**

Last night, Katherine and her boyfriend Adam got into an argument. Today, she got her mark back for last week's math test, and she didn't do well. After a bad day, she normally talks to Adam, but she hesitates to call him, wondering if he will even answer. She decides to call Adam; he's happy to hear from her, and they chat about why they were upset the night before.

HEALTHY

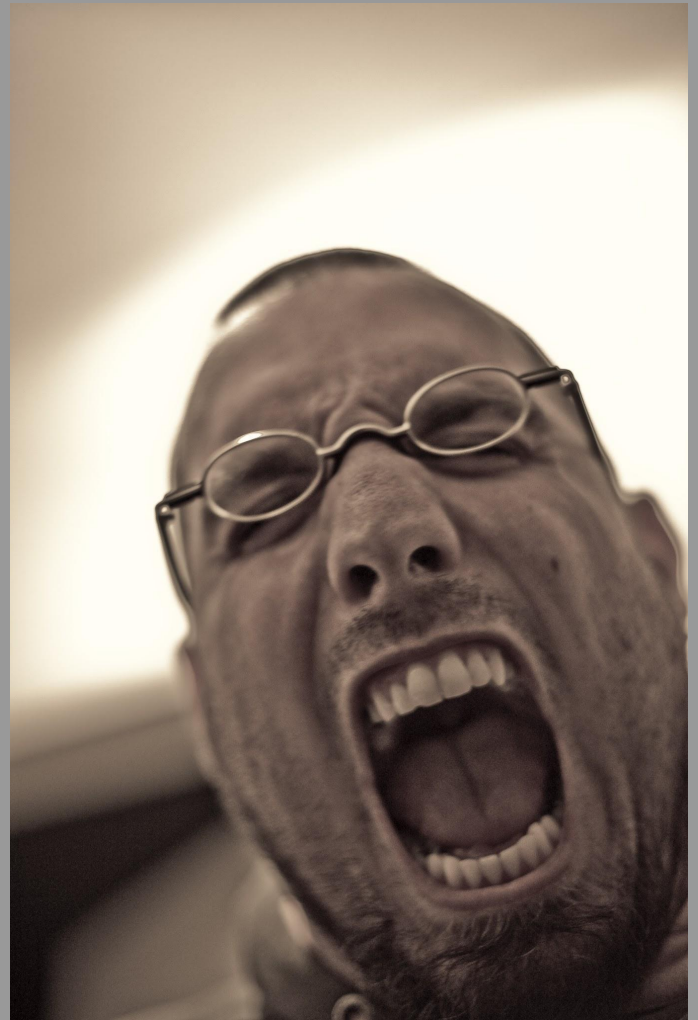
Mary seems to be very different since she has started dating Keith. She seems withdrawn and hasn't showed up to swim practice for the last couple of weeks. Her best friend notices a big bruise and scratch marks on her arms. She nervously laughs and responds that she just banged on the door frame at her grandparent's house.

## UNHEALTHY

What would you do?

Joe walks into program one morning and sees his girlfriend talking to another guy. Joe storms up to his girlfriend and begins to scream at her. He thinks it is rude for her to speak to any other men.

Is Joe's behavior cool or **controlling?**





# Cool or Uncool?



Trust between partners is  
**very important.**

Trust extends to online activity as  
well as things that happen “**in real  
life**”.

If you have questions about who  
your partner is **texting**, is it OK to  
ask them about it?

Marie has a crush on David. They met at program and have a lot in common, but David only likes Marie as a **friend**. Marie gets upset when David won't respond to her text messages or phone calls, even if she calls **late at night**. One day Marie calls and texts David a bunch of times in a row to get his **attention**.

Is Marie acting **cool** or **uncool**?

What would you do if you were David?

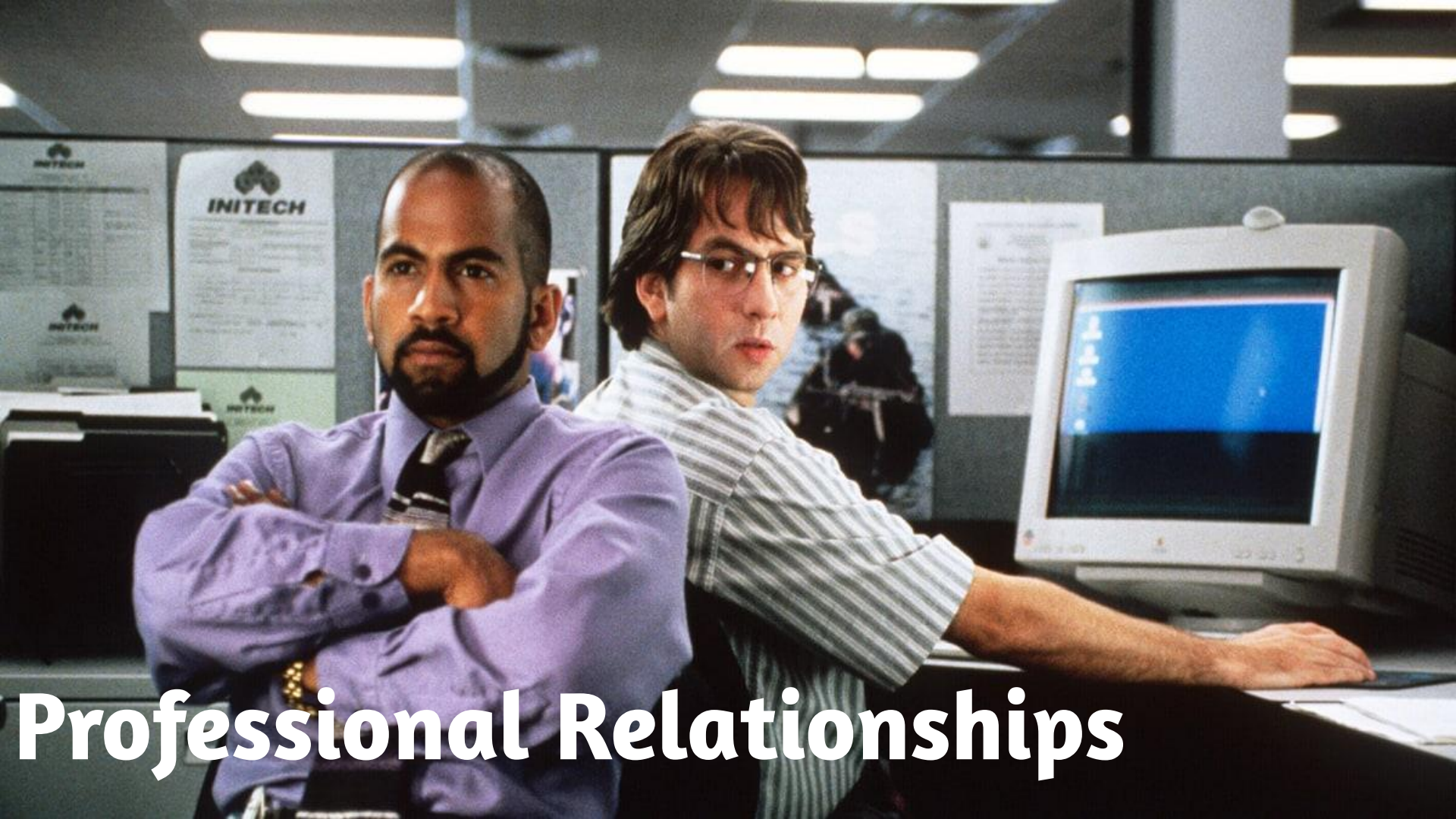
# Cool or Uncool?



Shelly and Bill meet at program and decide to start dating.  
Bill has a habit of **making jokes** about Shelly that make his friends laugh but make her feel **disrespected**.

Bill is only nice to Shelly when no one else is around.  
Does it sound like Bill and Shelly have a **healthy relationship**?  
What would you do if you were Shelly?





# Professional Relationships



PROFESSIONAL RELATIONSHIPS OBSERVE A SET  
OF BOUNDARIES THAT MAKE THE OFFICE A SAFE  
AND COMFORTABLE PLACE TO WORK.

# THINGS TO REMEMBER ABOUT PROFESSIONAL RELATIONSHIPS

We don't get to choose our co-workers

Everyone has different values/opinions

They should not distract you from work

Use appropriate language

Respect personal space

You should never feel uncomfortable

Take responsibility for your actions

# WORKING WELL WITH OTHERS

- Be a team player*
- Be a good listener*
- Don't interrupt*
- Welcome diversity*
- Disagreement vs. Argument*
- Share credit*
- Good Hygiene*
- Clean up after yourself*
- Take responsibility*
- Keep an open mind*

# Greeting Your Coworkers

**Handshakes?**



**High-5s?**



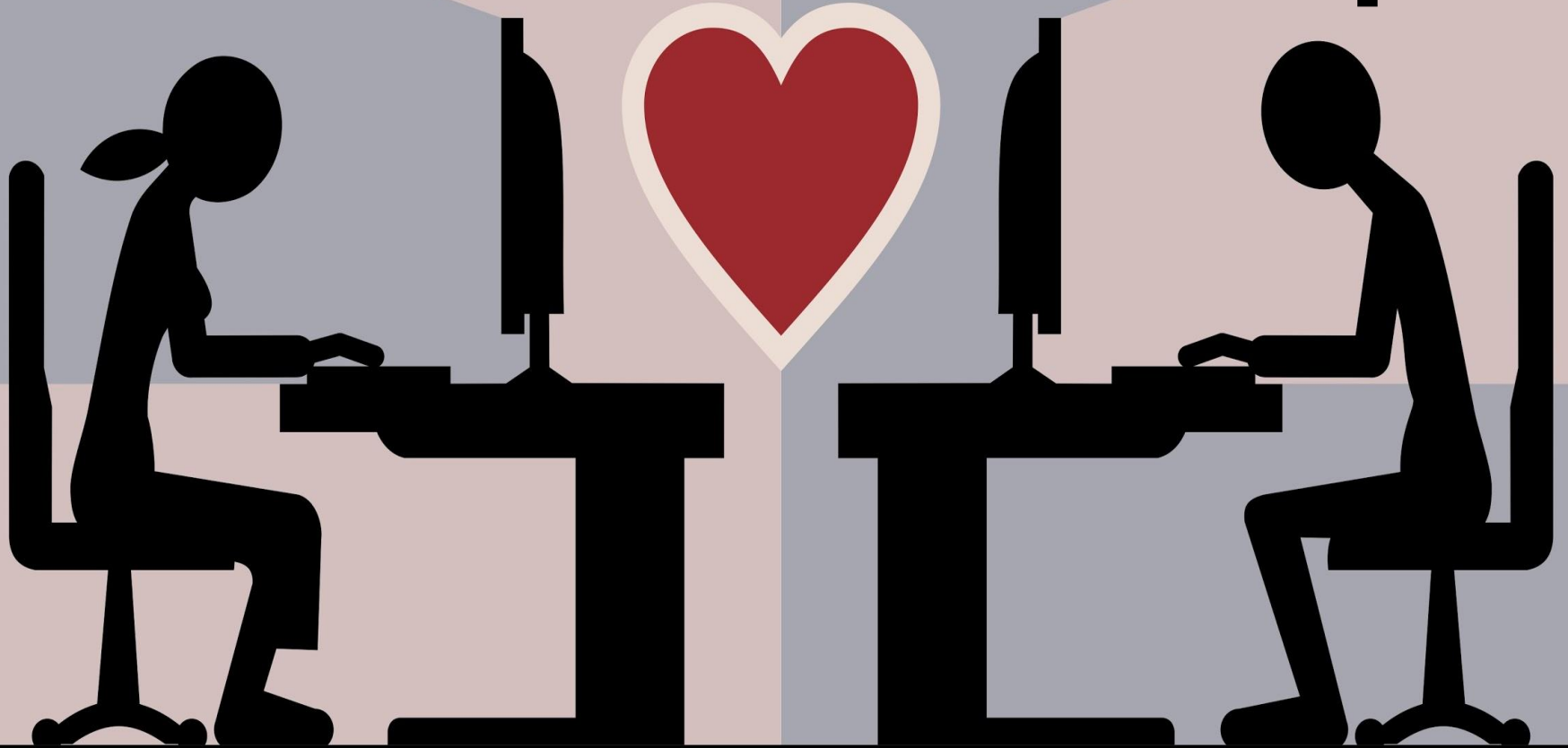
**Fist Bump?**



**Hugs?**



# Online Relationships







# How Do People Meet Online?

- Social Networking Sites/Apps
- Dating Websites
- Online Gaming
- Chat Rooms
- Forums



# Pros

- ★ Convenient
- ★ Get to know someone before meeting them
- ★ Communicate freely
- ★ Affordability
- ★ A lot of people are out there

# CONS

- PEOPLE ARE MORE LIKELY TO LIE
- YOU DON'T REALLY KNOW WHO YOU'RE TALKING TO
- PEOPLE CAN BE SHALLOW
- CAN BECOME ANTI-SOCIAL
- ONLINE RELATIONSHIPS CAN BE DANGEROUS!

# Online Relationships Aren't Too Different

- ❖ Share similar interests
- ❖ Talk about things that are important to you
- ❖ Look forward to emails/texts/calls
- ❖ Skype/FaceTime
- ❖ Develop Similar Feelings
- ❖ Can be healthy or unhealthy

# IS YOUR ONLINE RELATIONSHIP HEALTHY?

1. DO YOU HAVE HONEST, OPEN COMMUNICATION WITH ONE ANOTHER?
2. IS THERE GENUINE TRUST?
3. ARE THERE BOUNDARIES IN PLACE?
4. DO BOTH PARTIES FEEL SAFE?
5. IS THERE ANY BULLYING OR ABUSE?
6. DOES ANYONE ASK FOR MONEY?





# Staying Safe Online



I  
**STOP**  
BEFORE  
I  
DOWNLOAD.



STOP | THINK | CONNECT

[www.STOPTHINKCONNECT.ORG](http://www.STOPTHINKCONNECT.ORG)



I  
*think*  
BEFORE I  
*click.*



STOP | THINK | CONNECT

[www.STOPTHINKCONNECT.ORG](http://www.STOPTHINKCONNECT.ORG)



MY PASSWORD  
MIXES  
**LeTtERs**  
**#umbers**  
**AND**  
**\$ymbol!#**



STOP | THINK | CONNECT

[www.STOPTHINKCONNECT.ORG](http://www.STOPTHINKCONNECT.ORG)





# Online Hazards

**Cyberbullying**

**Sexual Predators**

**Identity Theft**

**Scams**

# WAYS TO STAY SAFE

- **Protect Personal Information**
- **Be Careful of What You Post**
- **Use Good Judgement**
- **Use Strong Passwords**
- **Beware of Predators**
- **Don't Accept Random Friend Requests**
- **Report Cyberbullying**

**ALL RELATIONSHIPS ARE  
DIFFERENT**

**BOUNDARIES CHANGE  
WITH THE RELATIONSHIP**

**BE AWARE OF YOUR ENVIRONMENT**

**IT'S OKAY IF A RELATIONSHIP  
ENDS**



The image features a central text element surrounded by a dense border of black silhouettes. The silhouettes represent various human hands and forearms, some pointing upwards, some pointing downwards, and some in various other orientations, creating a sense of a large group of people or a crowd. The background is plain white.

**QUESTIONS?**



THANK YOU FOR  
PARTICIPATING.

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