

Welfare Awareness Topic: Healthy Personal Relationships

Overview: *“Human beings are social creatures. We are social not just in the trivial sense that we like company, and not just in the obvious sense that we each depend on others. We are social in a more elemental way: simply to exist as a normal human being requires interaction with other people.” - Atul Gawande, bestselling author, surgeon, and public health researcher.*

We are social by nature. We not only crave interactions, but we require them. That’s what makes social wellbeing an integral element of our overall wellbeing. If we don’t have strong relationships in our lives, our ability to thrive is limited. But unfortunately, we often let it drop down on our to-do list. We fail to leave adequate time to work on developing and maintaining these social ties.

Without supportive and positive relationships our mental and physical health can decline leading to illness and depression. Surprisingly it can be easier to have healthy personal relationships at work-we may interact with more people and spend more time with them. By the time we get home we may be tired and not willing to engage with our partner/spouse/friend/parents/siblings etc. In order to achieve a healthy personal relationship communicating is key!

Here are some of our tips for healthy relationships:

- Listen to each other and communicate without judgement. Communicate effectively about sex and intimacy in romantic relationships, ensuring both parties are comfortable within their sexuality.
- Trust and respect each other.
- Consistently make time for each other.
- Remember details about each other's lives.
- Engage in healthy activities together but remember to also have time to be healthy and whole on your own, not relying wholly on the other person for your identity or healing.
- Work collaboratively as a team rather than as two self-serving individuals.
- Be disciplined. It's easy to show your worst side around people you are close with, which is why the phrase "You always hurt the ones you love" rings true to many. People in healthy relationships have the discipline to not treat their counterpart poorly just because they are close.
- Avoid focusing on what you want to get from the other person but instead focus on how the relationship can be mutually beneficial.

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.

[Stop the Hurt](#) has a really great resources page for advice and support for those in LGBTQ+ relationships, with advice on what a healthy relationship looks like, and how to support others.

[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, [Galop](#) have support and helplines for anyone in the UK who is LGBT+ and has experienced domestic abuse or hate crime.

[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