

Being single



Sometimes people feel they 'need' to be in a relationship to be a successful person; some might stay in an unhappy relationship because they're scared of being on their own, but people can even feel alone in a relationship.

Being single doesn't mean there's something wrong with you! Everybody is single at some point and lots of people choose to be single. Being single has its benefits so enjoy it!

- You can get to know and love yourself! If you're happy with yourself, your future relationships are likely to be happier too.
- You can spend loads of time having fun with your friends.
- You can spend your money on things that you want – dates can be expensive!
- You can do what you want – there's no-one else to answer to!
- You can keep your options open and enjoy some flirting!

So, hold your head up high and be proud to be single! Have fun with your mates, get to know yourself and when the right person comes along, you'll be ready for a relationship.

Useful websites

- Help for Young People | ESDAS
www.esdas.org.uk/teenagers
- www.childline.org.uk
- www.youngminds.org.uk/
- Children and Young People - Women's Aid
womensaid.org.uk
- Support For Male Victims of Domestic Violence | Men's Advice Line UK
mensadviceline.org.uk



For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

Advice is FREE and CONFIDENTIAL.

Produced by: Streetwise Young People's Project:

Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.

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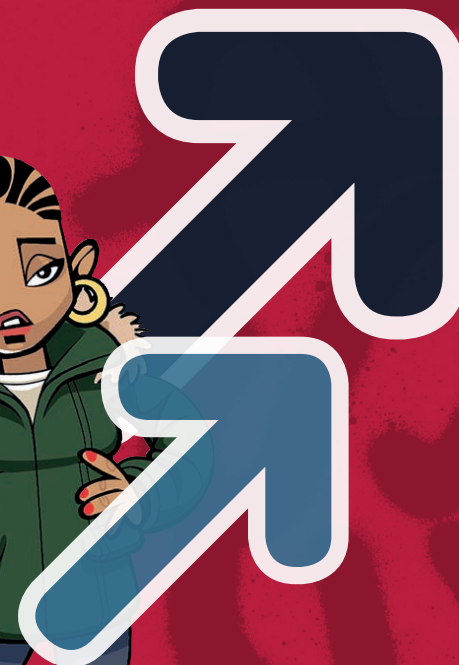
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The Streetwise guide to Healthy Relationships



Streetwise

YOUNG PEOPLE'S PROJECT

What are relationships about?



We all have relationships, whether they are family relationships, friendships or 'romantic' or 'intimate' relationships.

All of these different types of relationships can give you the best feelings in the world but they can also be really stressful!

Positive relationships are about giving, taking, compromising, communicating, enjoying the good times and supporting each other through the bad times.

Relationships don't just happen; you have to work at them to get the best from them!

What is a caring 'positive' relationship like?

→ You listen to each other – your hopes, needs, dreams.

→ You feel like you can be yourself.

→ You trust and believe in each other.

→ You have lots of fun together!

→ You respect each other.

→ You can spend time with other people you care about too.

→ You make decisions together.

→ You can be honest how you feel.

→ You can compromise, say sorry and talk through any disagreements.

→ You can say no to each other!

No relationship is perfect all of the time. It is good to know your rights and have them respected.

The best relationships are based on trust and communication. Don't settle for anything less!



Relationship warning signs...



Sometimes relationships can become unhealthy and/or abusive where one person dominates and controls the other. Often the person 'doing' the controlling can make you feel you are to blame. They may say they're only acting like that because they care for you. But this kind of treatment isn't about love or caring, it's about control.

These are some warning signs:

- They get annoyed when you spend time with other people you care about and constantly check up on you.
- They criticise you and humiliate you in front of others.
- They insist and/or 'force' you (physically and/or emotionally) to do things you don't want to do.
- They ask you to send photos of where you are and who you are with.
- They insist that you give them the passwords to your social media/ email accounts etc.
- They ask you to send explicit or sexual images of yourselves to them, and say things that make you feel bad if you say you don't want to.
- They make all the decisions – what you want or need doesn't seem important to them.
- They are verbally aggressive or physically threatening towards you and/or people you care about.
- They make you believe that things you are sure of, have or haven't happened and are just in your imagination.

You might recognise some of these things in your relationship and think 'it's not that bad'. Feeling scared, humiliated, pressured or controlled is not how you should feel in any kind of relationship. You deserve to be treated with respect and love.

If you recognise some of these warning signs in your behaviour towards someone you care about, you might like to talk to someone about how you can make positive changes.

You can speak to a Project Worker or Mental Health & Wellbeing Worker at Streetwise and they will support you.

Breaking up



Sometimes relationships stop working and need to end. Breaking up can be really hard. Whether you think it's the right decision or not, it can raise all sorts of doubts: What's going to happen next? Will you be happy again? Will you find someone else?

Even though relationships don't always work out, they can teach you a lot about yourself and can make you a stronger person. This can make your future relationships even better!

Some things you can do to help yourself move on:

- **Have some 'you' time** – switch off your mobile, watch a film/series or listen to some music and chill.
- **Accept that its over** – you can't move on while you're hoping that you'll get back together.
- **Don't avoid going out in case you bump into them** – get out and have some fun with your mates. Distraction is key!
- **Resist the urge to text/email them constantly** – you'll only feel worse!
- **Talk about it** – before you can move on you need to let out all those feelings you're holding inside. Tell your friends or a trusted adult how you feel and you'll feel better for it.
- **Be kind to yourself and do things that you enjoy.**
- **Look to the future** – write yourself a list of things you want to do! Instead of dwelling on the past, try to see it as an opportunity for change.

Just remember you can get through it! It's OK to feel sad. This feeling might come and go, eventually it will get easier.

