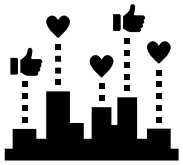# Our Relationships- *What is important to young people in their relationships?*
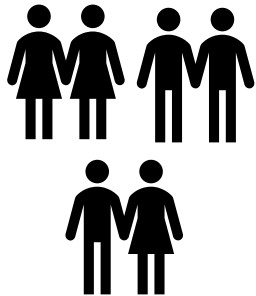
Trust is one of the most important things to young people in their relationships. This includes:
- Setting clear boundaries so both you and the young person can understand the relationship
- Providing simple information about confidentiality; young people want to know what you will share and what you won't.
- Mutual respect. Young people want to know they will be respected for their choices without judgment.

Sharing their likes and dislikes, separate to their mental health, helps to build connections to others.
- This means showing interest or curiosity towards what is important to young people to be able to show them you care, even if their interests are different to yours.
- This also means letting young people learn about you too.

Peers have an important role to play in young peoples lives. But they might need your help in developing positive relationships and setting boundaries. This includes
- Learning how to compromise, how to empathise and how to communicate.
- Recognising when relationships are not good for us and what we can do.

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Our Relationships- *Using 'Friendships' resource on the website*

- **What do you like about each other?**
- **How does it feel when you spend time with peers?**
- **How comfortable do you feel to be yourself around your peers**
- **How easy is it to be honest with your peers?**
- **What kind of support do your peers offer you?**

- **Encourage them to spend time with a diverse group of people**
- **Help them to work out what is important to them in relationships**
- **Encourage them to express their feelings to peers and consider how peers react**
- **Give them permission to have space from peers who might be hurtful or judgemental**
- **Encourage them to question peer expectations and focus on what they want**

Suggested Activity:

1. Think about a young person or group struggling with peer relationships
2. Think about how you might help them work out whether their peer relationships are positive
3. Consider ways to support them to set boundaries and make changes

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