

Module 1 - My Safe Future Self

Aspects of Healthy vs Unhealthy

In Module 1 you learnt about:

- Aspects of healthy vs unhealthy relationships
- Help seeking and why it's important for self and others
- Barriers to seeking help
- Who to turn to
- Trusting my gut

In Module 1 you learnt about aspects of healthy vs unhealthy relationships. If you ever question a relationship and feel it has unhealthy aspects, it's important to speak to a trusted adult. Here's a refresher on what healthy vs unhealthy aspects look and feel like:

Healthy Aspects

Support

- Respecting your decisions
- Supporting your decisions
- Being there to listen
- Providing you with ideas when you need help from them

Independence

- Encouraging you to go out with friends/family without them
- Encouraging you to have hobbies or being supportive your interests
- Respecting your time alone
- Not making you feel guilty for wanting to have alone time

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We celebrate and value diversity. To Future Me has the HEART for providing support to the community in the most inclusive manner.

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Aspects of Healthy vs Unhealthy

Equality

- Having equal respect for each other
- Actively listening and communicating
- Sharing decisions equally

Trust

- Not being judged for your thoughts and feeling.
- Recognising it's ok to have different opinions, but not putting each other down.
- Feeling confident to be yourself.
- Respecting your space by not monitoring your social media

Open communication

- Respecting you by actively listening and being open to your conversation
- Being calm and kind when speaking to you
- Communicating feelings/emotions honestly

Unhealthy Aspects

Negative communication

- Shutting you down in conversation
- Using a negative tone of voice
- Speaking aggressively
- Gaslighting you. Such as when the other person manipulates you into thinking everything is your fault or that a situation never happened

Dishonesty

- Spreading rumours about you
- Telling people things about you that you want to keep private and disclosed to them
- Doing something that's inappropriate that might hurt you and lying about it

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Aspects of Healthy vs Unhealthy

Feeling unsafe

- Pushing you to do something
- Physically, emotionally or sexually abusing you
- Making you worry that you will dissappoint them and that their reaction will make you feel bad

Controlling behaviour

- Monitoring your location with tracking apps
- Discouraging your healthy relationships with others
- Controlling what you do and who you see
- Asking for your social media logins so they can monitor who you talk to

Side note: When you are under 18 your parents may monitor your location and social media use to make sure you are safe and not speaking to a dangerous person. However, if this makes you uncomfortable it is important to speak to them or another trusted adult.

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Module 1

My Safe Future Self - Glossary

Healthy Relationships

A healthy relationship is supportive, and helps you to feel happy within yourself. Elements of a healthy relationship include: support for each other, providing personal space, being open, honest and kind, trust for one another and being equal.

Unhealthy Relationships

An unhealthy relationship will make you feel disrespected and mistreated. Elements of an unhealthy relationship include: Negative communication, dishonesty, controlling behaviour and feeling unsafe.

Trusted Person

A reliable, responsible person that you can trust to listen when you need help. They can help you find information, provide advice, or support you to resolve relationship problems. There is no single person who fills this role – it is unique to every person.

Physical Signals

Signs to look for in your body or someone else's that may appear when you're unable to handle a situation and should seek help. Signs could be: Headaches, Sore stomach, no appetite, not able to sleep, too much sleep, crying, nausea, always feeling tired.

Emotional Cues

Emotional indicators to look for in your body or someone else's that may appear when you're unable to handle a situation and should seek help. Indicators could be: sadness, anxiety, irritability.

Behavioural Changes

Behavioural changes to look for in yourself or someone else that may appear when you're unable to handle a situation and should seek help. Changes could be: Avoiding seeing friends and family, not wanting to go to school, wanting to be alone, difficulty concentrating.



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