



## What is a Healthy Relationship

Relationships can help us feel secure and supported, but not all relationships are good for us. Some of the points below help us know whether our friends are healthy for us and whether we are healthy for them.

Friends should:

- Be kind, understanding and forgiving.
- Allow space and other friendships.
- Like learning about each other - likes, dislikes, beliefs and views
- Make each other feel safe & supported
- Let each other express your views
- Let you try new things, without making you feel unsafe or forcing you to do it
- See each other as equal, with no one in charge
- Respect and trust each other
- Understand each other's feelings.
- Allow each other to be themselves
- Be honest
- Be fun to be with



## PCSO Jess Mcleod School Liaison Officer

My name is Jessica and I am a Police Community Support Officer for Suffolk Police. I am extremely fortunate to have the specialist role of Schools Liaison Officer (for the Western area), which means I have the wonderful job of coming to see you in your schools.

Often I get to deliver very important messages to you about subjects we feel are important for you to know, today I am introducing to you the topic of bullying and healthy relationships.

I realise this is a very strange time for you all but myself and my colleagues want you to know that we are all still here to help you, and if you do get to see us out on our patrols please do come and speak to us, we miss being able to come and see you in your schools and are keen to hear what you have been up to.

Keep safe and I will look to seeing you when you return to your schools.

# ONECOPSTOP KEEP SAFE AND KNOW THE LAW



Hi kids, this week we are talking about healthy relationships. I will also be introducing you to one of my friends that some of you may already know?

Jess is one of the School Liaison officers and over the next few weeks you will also be meeting Bev, Craig, Lori & Jason

## What is a bad relationship?

Sometimes it can be hard to know whether you are in a bad relationship, or whether you are just having a disagreement or not getting on. There are some things you should look out for that can help you tell the difference.

Signs of a bad relationship are:

- . Control – They try to stop you doing the things you like
- . Confidence – They call you names or put you down.
- . Pressure – They make you do things you feel uncomfortable with
- . Isolation – Stopping others from mixing with you

These signs are not okay and if they are happening in your friendship you should speak out. There are always things that can be done and sharing how you feel can really help. Speak to a trusted adult, another friend or a teacher and tell them how you feel. They can listen, give advice or even get more help if you need it.



Bullying is something that can hurt you on the inside or on the outside, it is an intentional act which is used to cause that person to feel hurt or upset. It often happens over a period of time and can leave you feeling very alone, isolated and scared. Bullying can happen in different ways, here are some examples:

- Physical – Hitting, kicking, biting, scratching, tripping you up on purpose, taking or breaking another person's things
- Verbal – Name calling, saying nasty comments behind your back, or telling lies about someone
- Emotional – Refusing to play with you, stopping others from being your friend or hurting your feelings on purpose
- Cyber-bullying – Posting comments online that are unkind or not true, sending mean messages or stopping you from joining online games or groups that your other friends are in.

Imagine a world where the words you speak appear on your skin. Would you be more careful of what you say?

## PARENT HUB

Knowing your child is being bullied at school is extremely difficult for any parent to deal with. If your child is being bullied at school the first thing is to contact your child's school and work with the teachers to come to a satisfactory conclusion. All schools have a statutory obligation to ensure all children in their school are safe at all times.

If you feel your child's school has not taken it seriously you can write to your local authority reminding them of it. For more information and support take a look at the below websites.

[nationalbullyinghelpline.co.uk](http://nationalbullyinghelpline.co.uk) | [www.gov.uk](http://www.gov.uk) | [bullying.co.uk](http://bullying.co.uk) | [suffolk.police.uk](http://suffolk.police.uk)



## More Reading

What to know more about relationships? Here are some books we think you would enjoy reading:

- Same same but different by Jenny Sue Kostecki-Shaw
- Being Agatha by Anna Pignataro
- The Bear & Piano by David Litchfield
- The Fabulous Friend Machine by Nick Bland

Here are a couple of quotes about good friendships:

"My best friend is the one who brings out the best in me"

"Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend"

