

# VIOLENCE IS PREVENTABLE **VIP**

PEACE  
PROGRAMS

CHILDREN  
& YOUTH

SCHOOLS

**VIP**

GRADES 10-12



BC Society of  
Transition Houses

# VIOLENCE IS PREVENTABLE

## GRADES 10-12



### Healthy Relationship Tips for Teens

- **Talk about it:** In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.
- **Respect each other:** It is important to value each other's wishes and feelings. Mutual respect is a very important part of a healthy relationship, where one person doesn't have more control than the other.
- **Compromise:** It is okay to disagree, but it's important to be able to come to a compromise where both parties feel good about the result. Try to solve conflicts in a fair and rational way.
- **Support each other:** Build each other up. A healthy relationship is based on reassurance, encouragement and not putting each other down.
- **Respect each other's privacy:** Just because you are in a relationship, it doesn't mean that you have to constantly share everything and always be together. It is important and healthy to have space in relationships.



### There are people you can talk to:

Kids Help Phone 1.800.668.6868

Kids Help Text 686868

BC Crisis Centre 1.800.784.2433

VictimLink 1.800.563.0808

BC Society of Transition Houses [www.bcsth.ca](http://www.bcsth.ca)