



WOOD'S HOMES

WORKING FOR CHILDREN'S MENTAL HEALTH
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woodshomes.ca

We **Never** Say No. We **Never** Give Up. We **Never** Turn Anyone Away.

Healthy Boundaries in Relationships

A Presentation to the Students of
Branton School by Monica Piros

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Characteristics of Good Friendships

Reciprocity and mutuality.

- Support and understanding.
- Associated mostly with fun and pleasure.
- A sense of INCLUSION-a good friend does not encourage you to give up your other friends or family.



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Characteristics of Toxic Friendships

They feel draining.

Beware of “energy vampires.”

- A lack of reciprocity; no sense of give and take.
- One person redirecting all conversations to and about themselves.
- They deflate you. They don't share your joys and perhaps even enjoy your failures.



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Characteristics of Toxic Friendships

- They put you down.
- Possessiveness and jealousy.
- Competitive and dismissive behavior.
- They gossip about you.
- They encourage you to get involved in destructive activities.
- <https://stressfreekids.com/4689/stressful-friendships/>



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How to End a Toxic Friendship

- Accept that it will be a process
- Do it in person
- Have a goal in mind and expect a conversation
- Be honest but soft
- Consider a “cooling off” period
- <http://theglitterguide.com/2019/10/29/gracefully-end-toxic-friendship/>



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Navigating Romantic Relationships

- Healthy relationships come from respect, mutual understanding, trust honesty, support and clear communication.
- Relationships are unhealthy when one person is behaving in an abusive manner towards another.
- In some cases, both individuals are abusive.



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Six Types of Abuse

- **Physical Abuse:** this includes hitting, kicking, pushing, biting, choking, and using weapons. It does not need to result in visible injuries.
- **Emotional Abuse:** the presence of insults, humiliation, degradation, manipulation and intimidation, forced isolation, coercion, or use of fear or guilt to control or belittle.



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Six Types of Abuse Continued

- **Sexual Abuse:** involves any activity that directly or indirectly impacts a person's ability to control their own sexuality, and the conditions surrounding it. It also involves forcing a sexual activity on someone.
- **Financial Abuse:** the use of money or material items as a means of power and control.



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Six Types of Abuse Continued

- **Digital Abuse:** any form of emotional abuse using technology. Using social media, texting, or other technology to intimidate, manipulate, harass, or bully someone.
- **Stalking:** persistent harassment, monitoring, following, or watching another person. It is a criminal offense in Canada.



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Is it Lust, Infatuation, or Love?

- Attraction and desire are physiological responses that can occur separate from emotions.
- Infatuation is not the same as love. Love takes time to grow whereas infatuation may happen almost instantly.
- <https://www.goodtherapy.org/blog/9-tips-for-talking-to-teens-about-dating-and-relationships-0227157>



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Understanding Consent

- Consent is needed for sexual activity which includes kissing, sexual touching, and sexual intercourse.
- Sexual activity without consent is sexual assault.
- Children younger than twelve years old cannot consent to any type of sexual activity.



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Understanding Consent

- Regardless of your age, you cannot give consent if you are under the influence of a psychoactive substance (drugs or alcohol).
- This is also true if someone is being forceful, threatening, intimidating, or offered a reward of some kind in exchange for consent.
- Your partner cannot be a person in a position of authority until you are eighteen.



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Sexting

- Sexting is when people send or receive sexual pictures, messages or videos through technology. (cell phone app, email or webcam.)
- There is no guarantee of privacy once this type of communication is sent or received.
- Creating sexual pictures, even of yourself, is considered child pornography.



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Sexting

- Possessing these images on a phone, computer or other device is illegal.
- Showing suggestive images and videos to other people, forwarding them, or posting this material to the internet, is illegal.
- There are serious repercussions for both the subject and viewers of sexting content.
- <https://myhealth.alberta.ca/Alberta/Pages/Sexting-teens-and-technology.aspx>



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Final Thoughts

- Toxic elements can be present in all kinds of relationships including ones that are plutonic (friendships), familial, (immediate or extended), and intimate (romantic partner).
- The reasons why people behave badly towards others are complex. Learned behaviors, can however be unlearned.



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Resources if You Need Help

- Reach out to a friend or adult you trust
- Kids Help Phone 24/7 at [1-800-668-6868](tel:1-800-668-6868).
- Community Resource Team at Wood's Homes
- 403-299-9699. Text Line 587-315-5000. Live Chat available through www.woodshomes.ca.
- Distress Centre Crisis Line 403-266-4357.
- Connecteen Peer Support Line 403-264-8336. Text Line 587-333-2724.



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