

# Healthy Relationships Handbook

**For young adults with disabilities**

# Welcome!

This is your Healthy Relationships Handbook.

This book can help you learn about healthy relationships!

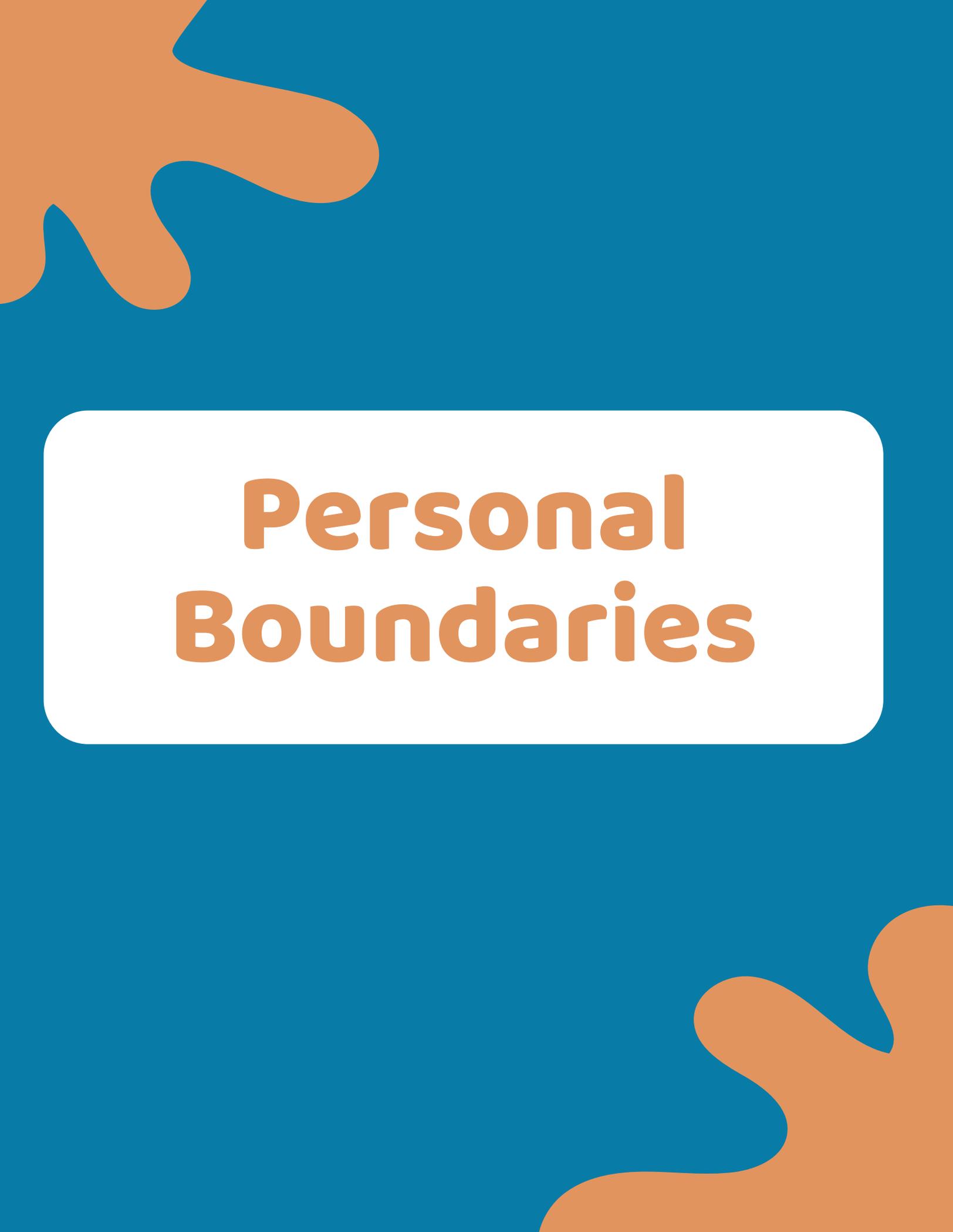
It is easy to read so that many people can use it.

It has a variety of activities because learning can be fun.

This workbook has pages on:

- Personal rules
- Different types of relationships
- Friendships and dating
- Romantic relationships
- Love life rights and consent
- Relationship safety
- Unhealthy relationships
- Different types of abuse
- What to do if you are being abused
- Who are your trusted people

The handbook is available at [www.arcminnesota.org](http://www.arcminnesota.org)



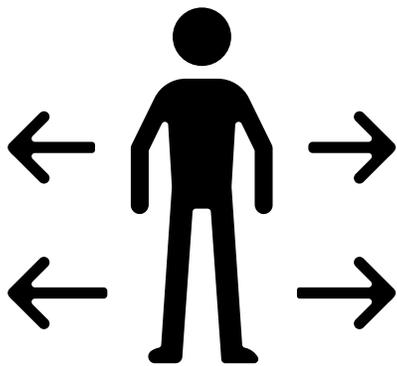
# **Personal Boundaries**

# Personal Boundaries

**Boundaries are rules for yourself or others.**

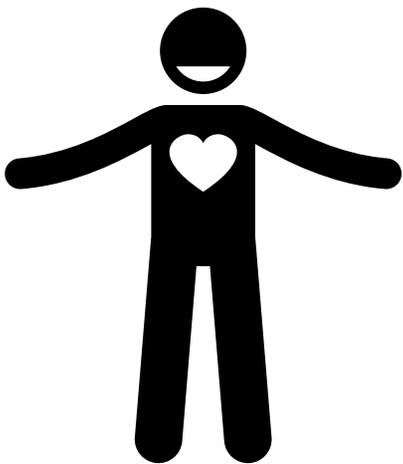
**Boundaries are put in place to keep you safe.**

**They can also help you keep your relationships healthy.**



## Your Space

- How close people can be to you.
- How much space do you like?



## Your Body

- Who gets to touch you.
- When do people get to touch you.
- Where do people get to touch you.



## Your Feelings

- How you want people to talk to you.

# I Can Set Boundaries

## Know your Boundaries

Boundaries should be based on your values, or the things that are important to you.

For example, I value privacy in my bedroom.

**What do you value? What is important to you?**

Your boundaries are yours, and yours alone. Many of your boundaries might be the same as people who are close to you, but others will be unique.

Know your boundaries before entering a situation. This will make it less likely you will do something you not comfortable with.

**What are some boundaries you could set in your life?**

# I Can Set Boundaries

## Communication

You always have the right to tell someone "yes" or "no".

When you set boundaries, it is important to communicate them clearly so that there is no confusion or doubt about what you want.

### How to tell someone what you DO want

"I am comfortable with this"

"Please do that"

"I've decided to"

"I can do that for you"

"I would really like that"

"This is okay with me"

**What are some ways you can tell someone "yes"?**

### How to tell someone what you DO NOT want

"I'm not comfortable with this"

"Please don't do that"

"I've decided not to"

"I can't do that for you"

"I don't want to do that"

"This is not okay with me"

**What are some ways you can tell someone "no"?**

# I Can Set Boundaries

In this activity, you will practice setting boundaries.

You will think about how you would respond if you were really in the situation.

Think about the language you would use to firmly and respectfully set your boundary.

## For Example:

**Situation:** Your friend calls you at 11 pm to talk about problems they are having with a friend. You need to wake up at 6 am.

**Your Response:** "I can tell you're upset. I want to talk to you, but I need to go to bed. Maybe we can talk tomorrow afternoon."

## Your Turn!

**Situation:** You invited a friend over for the evening, but now it's getting late. You would like to get ready for bed, but your friend seems unaware of how late it is.

**How would you respond? Practice your response here:**

# I Can Set Boundaries

**Situation:** A good friend asks you out on a date. You would like to let them know that you don't want to date, but DO want to keep them as a friend.

**How would you respond? Practice your response here:**

**Situation:** A friend is gossiping about someone you know. They are saying things that are mean and hurtful about the person. You don't agree and this is making you feel uncomfortable.

**How would you respond? Practice your response here:**

**Always remember you have the power to set boundaries in your life!**



# **Building Relationships**

# What is a Relationship?

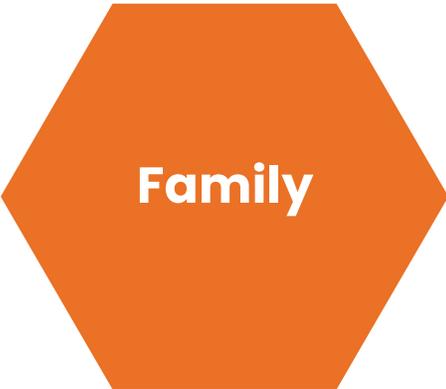
Put your ideas in the space below



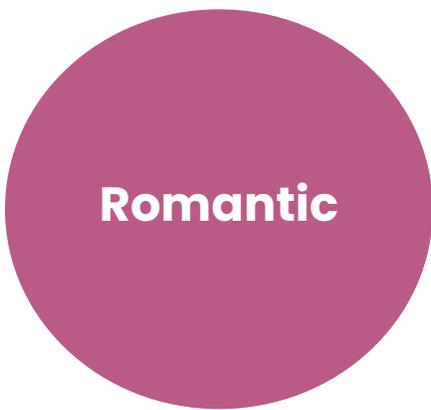
# What is a Relationship?

## Types of Relationships

- Relationships connect people to each other.
- Relationships comes in all shapes and sizes.



Family



Romantic



Friends



Support staff



Acquaintances



Strangers

**Relationships are an important part of life!**



They make  
you healthier.



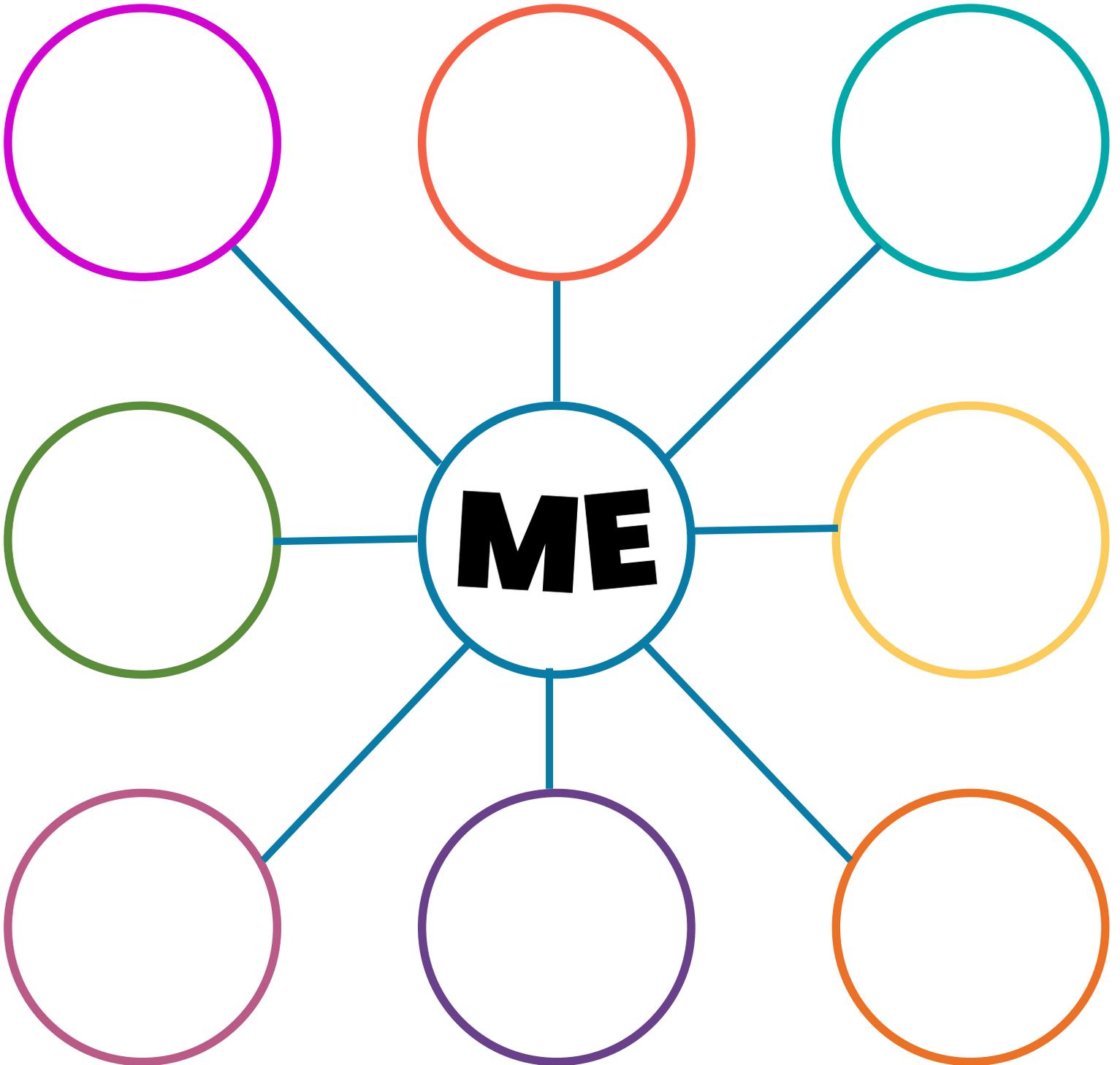
They make you  
stronger.



They make your  
life better.

# Making Connections

Write the names or draw pictures of your different relationships.



# Healthy Relationships

- Healthy relationships support you.
- Healthy relationships make you happier.
- Healthy relationships help you learn about yourself.

## Healthy Relationship Signs



You like spending time together and also enjoy doing things apart.



You do not try to control each other.  
There is equal amount of give and take.



You feel safe and can count on each other.  
It is easy to be honest about your thoughts and feelings.



You feel good about yourself when you're around the other person.



You listen and try to understand their point of view even if you don't agree.



You respect each person as an individual.

# Unhealthy Relationships

- An unhealthy relationship is not good for you.
- An unhealthy relationship hurts you.
- An unhealthy relationship makes your feel sad or afraid.

## Unhealthy Relationship Signs



You feel pressured to spend time together and feel guilty when apart.



You feel you cannot do the things you want.



You feel there is no respect for you or your opinion. You are not able to disagree.



You feel sad, angry, scared, or worried. You do not communicate, share or trust each other.



You feel the need to be someone or something you are not.

# Healthy Relationships Word Search

Find the following words in the puzzle.  
Words are hidden down and across.

T	S	A	F	E	A	S	S	I	S	T	A	K	T
O	D	T	C	E	T	A	H	C	R	A	H	I	R
E	X	H	H	D	F	O	E	R	O	C	H	N	F
M	R	E	T	S	U	P	P	O	R	T	E	D	C
P	R	L	M	R	N	A	L	U	P	O	L	M	A
A	E	P	N	R	E	T	M	A	R	G	O	R	H
C	P	F	O	R	G	I	V	I	N	G	Y	L	O
A	G	U	E	S	E	E	H	T	H	H	A	A	N
R	R	L	C	S	S	N	C	T	A	H	L	F	E
I	E	A	O	R	R	T	C	R	E	I	I	A	S
N	A	I	U	H	A	R	T	U	I	S	P	H	T
G	Y	N	E	T	A	R	E	S	P	E	C	T	Y
R	L	O	V	E	H	C	A	T	T	N	N	R	U
O	C	O	M	M	U	N	I	C	A	T	I	O	N

- Communication
- Helpful
- Support
- Kind
- Honesty
- Respect
- Patient
- Caring
- Safe
- Trust
- Forgiving
- Loyal
- Love
- Fun



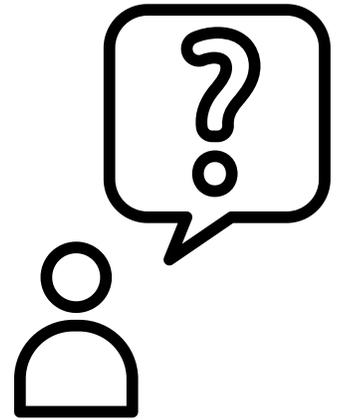
# **Exploring Relationships**



# Types of Relationships

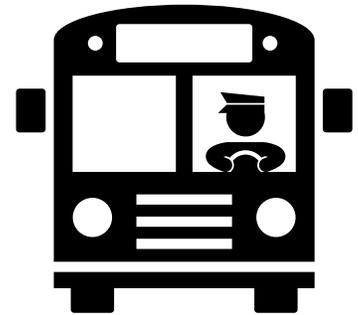
A stranger is someone:

- You haven't met or have just met but know nothing about.
- You don't have a trusting relationship with strangers.



An acquaintance is someone:

- You may see often but don't know well.
- Example: Bus driver



A friend is someone:

- You know a lot about.
- You share the same interests.
- You enjoy spending time together.



## Building Friendships Takes Time!

**It takes time to get to know a person.**

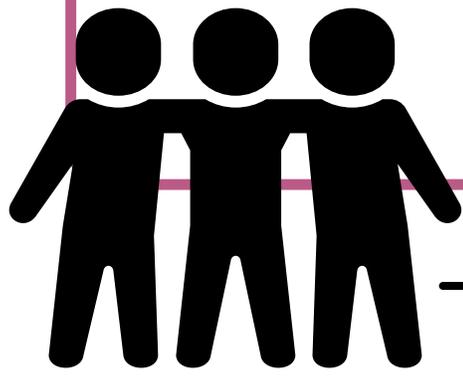
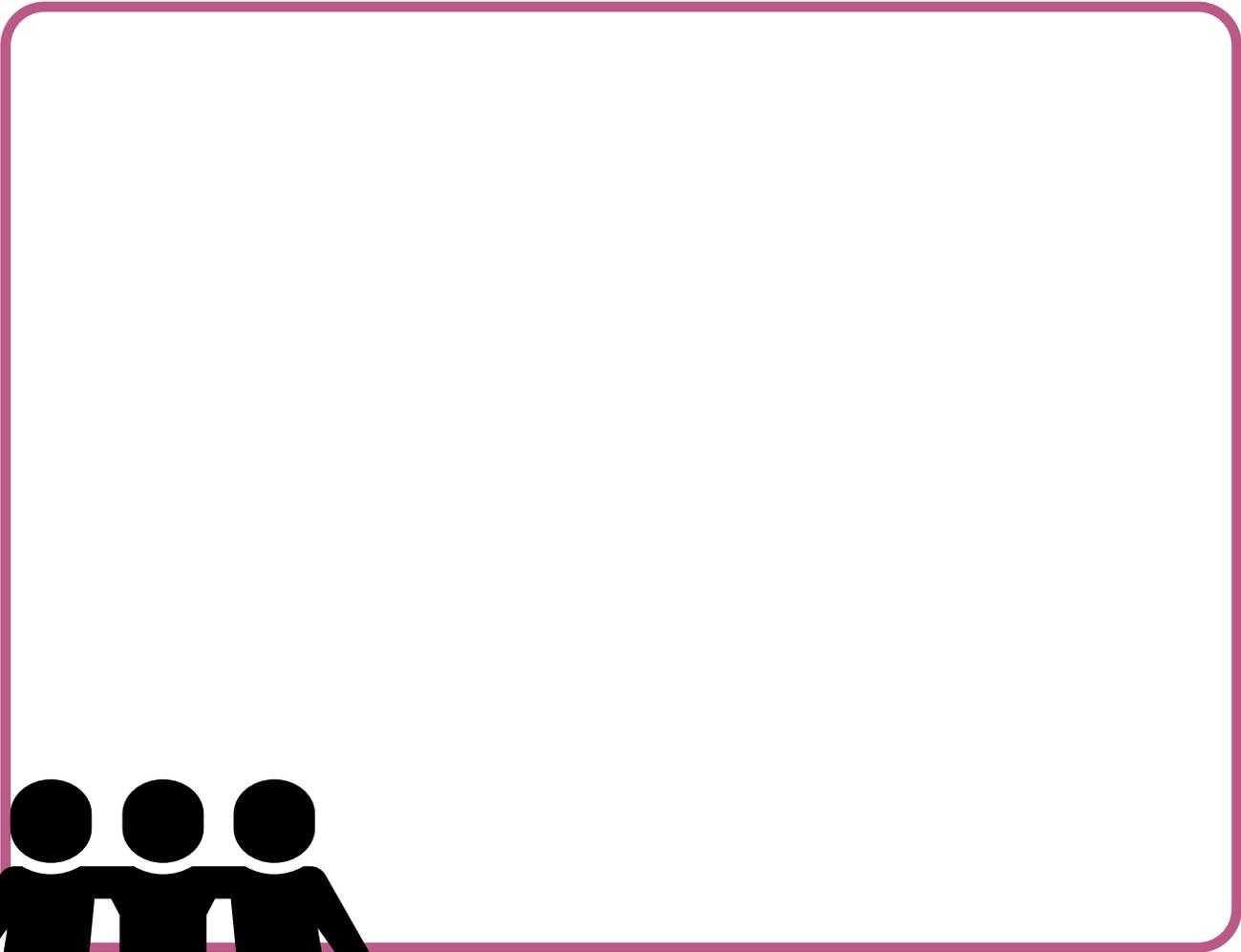
**It takes time to learn about a person's hobbies.**

**It takes time to learn what a person likes and doesn't like.**

**It takes time to know if a person can be trusted.**

# A FRIEND IS . . .

In the box below draw a picture of what it looks like to be a good friend and then write a sentence using the sentence starter "A friend is" on the lines provided.



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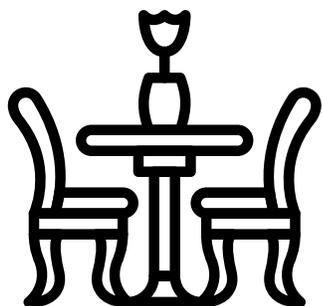
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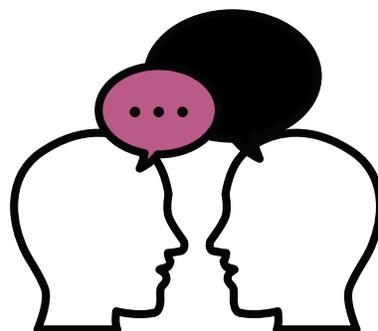
# Romantic Relationships

In romantic relationships you:

**Go on dates together.**



**Learn A LOT about each other.**



**Might kiss or have sex.**



**Might get married or have kids.**



Types of romantic relationships:

**Boyfriend  
or  
Girlfriend**

**Husband  
or  
Wife**

**Life  
Partner**

# Your Love Life Rights

You have the right to:



Relationships without abuse or violence



Not be controlled by other people



Say NO to unwanted attention or touching



Change your mind



Be yourself



Start slow



Want physically closeness



Get married and have children



Change or end a relationship

# What is Consent?

**F**

Freely Given.

You made a decision without being pressured, forced, or tricked by someone else.

**R**

Reversible.

Anyone can change their mind about what they want to do, at any time.

Even if you've done it before.

**I**

Informed.

People know and respect your boundaries. They do not lie to you.

**E**

Enthusiastic.

You should only do stuff you WANT to do, not things that you make you feel uncomfortable.

**S**

Specific.

Saying yes to one thing does not mean you have said yes to others.



# **Relationship Safety**

# What is Abuse?

Abuse is when someone has power over someone else and hurts that person.

Abuse happens in many ways.

## Types of Abuse

### Verbal



When someone hurts your feelings by:

- talking mean to you
- name calling
- making fun of you

### Sexual



When someone:

- has sex with you
- touches your body
- makes you do something without your consent

### Physical



When someone hurts your body or threatens to hurt your body.

### Financial



When someone misuses or takes your money or things.

**Remember abuse is NEVER your fault!**

# Resources to Support You

## **Minnesota Adult Abuse Reporting Center (MAARC)**

Phone Number: 1-844-880-1574

Website: <https://mn.gov/MAARC>

## **Sexual Violence Center and 24/7 crisis hotline**

Phone Number: 1-800-964-8847

Website <https://mncasa.org>

## **Minnesota Day One and 24/7 crisis hotline**

Phone Number: 1-866-223-1111

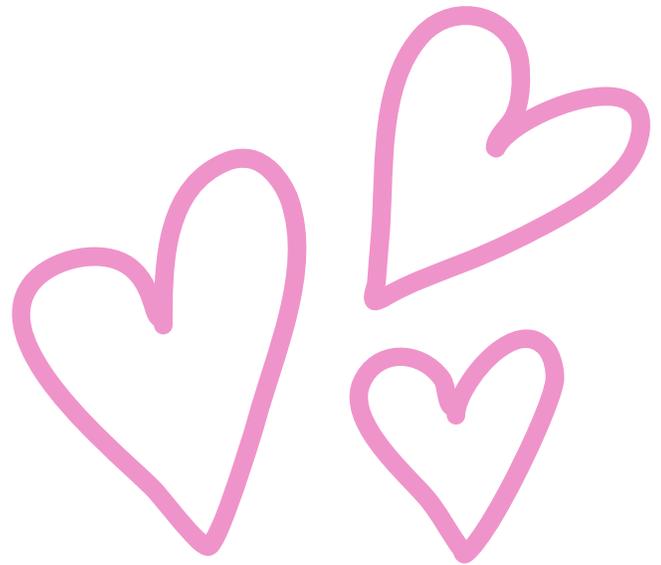
Website: <https://dayoneservices.org>

## **Cornerstone Advocacy Services**

Website: <https://cornerstonemn.org>

## **Southeastern Valley Alliance**

Website: <https://svamn.org>



## **Remember:**

**If you think you are being abused, tell someone you trust.**

**In cases of an emergency:**  
Contact 911 and the local police

# Who are MY trusted people?

Trusted people are people who:

- care about me
- are adults (18 years of age or older)
- can help me
- are not the people abusing me

Some trusted people might be:

- teachers
- parents or caregiver
- social worker
- employment support staff

**Write down the names of people you trust and can talk to.**

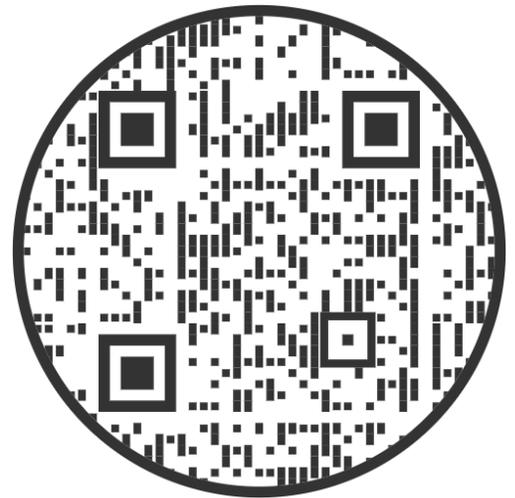
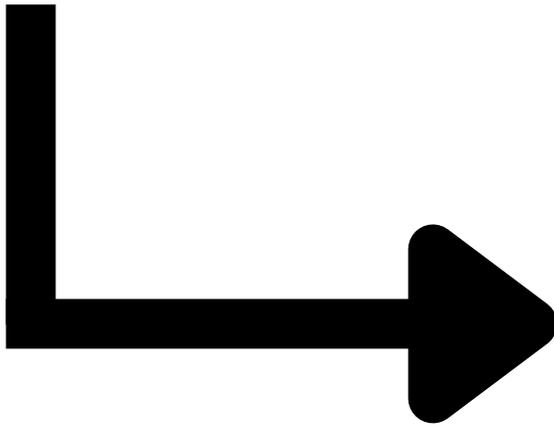


# Rate the Resource

We are always working to make our resources better!

Sharing what you like or did not like about the handbook is important to us.

Scan the QR Code with your phone to fill out a short survey about the handbook.



## References

Some of the information and activities included in this handbook were adapted from the following:

- The Arc of Spokane: Healthy Relationship Workbook
- Western Health: Healthy Relationships Resource Kit

# Healthy Relationships

## Word Search Answer Key

T	S	A	F	E	A	S	S	I	S	T	A	K	T
O	D	T	C	E	T	A	H	C	R	A	H	I	R
E	X	H	H	D	F	O	E	R	O	C	H	N	F
M	R	E	T	S	U	P	P	O	R	T	E	D	C
P	R	L	M	R	N	A	L	U	P	O	L	M	A
A	E	P	N	R	E	T	M	A	R	G	O	R	H
C	P	F	O	R	G	I	V	I	N	G	Y	L	O
A	G	U	E	S	E	E	H	T	H	H	A	A	N
R	R	L	C	S	S	N	C	T	A	H	L	F	E
I	E	A	O	R	R	T	C	R	E	I	I	A	S
N	A	I	U	H	A	R	T	U	I	S	P	H	T
G	Y	N	E	T	A	R	E	S	P	E	C	T	Y
R	L	O	V	E	H	C	A	T	T	N	N	R	U
O	C	O	M	M	U	N	I	C	A	T	I	O	N

**Communication**  
**Helpful**  
**Support**  
**Kind**  
**Honesty**

**Respect**  
**Patient**  
**Caring**  
**Safe**  
**Trust**

**Loyal**  
**Love**  
**Forgiving**  
**Fun**