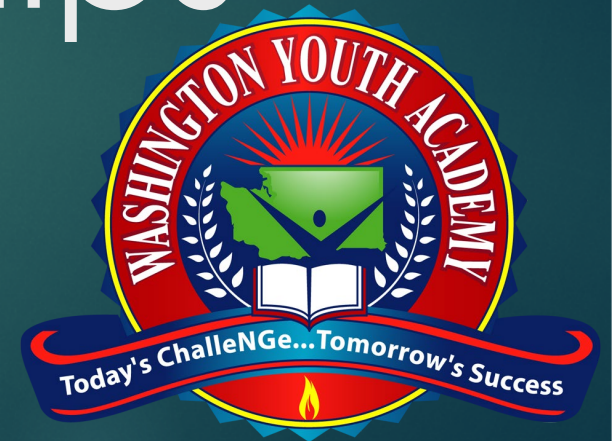




Building and Strengthening Relationships

WYA MENTOR TRAINING



Developing a good relationship will involve:

01

Maintaining
regular contact

02

Serving as a
positive role
model

03

Maintaining their
confidentiality

04

Communicating
effectively with
program and
cadet

05

Showing respect,
active listening,
and being
committed to
them.



Are **all** relationships healthy?

What defines a **healthy** relationship?

What defines an **unhealthy** relationship?

A relationship is unhealthy when it involves *mean, disrespectful, controlling, or abusive behavior*. Some people live in homes with people who fight a lot or abuse each other - emotionally, verbally, or physically.

For people who have grown up around this kind of behavior it can almost seem normal or okay.

This behavior is NOT okay!

What Are Healthy Relationships Based On?

Communication



Can you talk to each other and share feelings that are important to you?



Don't keep feelings bottled up because you're afraid it's not what the other person wants to hear.



If you need some time to think something through before you're ready to talk about it, a person who respects you will give you that space.

Mutual Respect



Do they understand how great you are and why?



Make sure the people in your life are into you for who you are. Do they listen when you say you can't do something and then back off right away?



Respecting a relationship means each person values the other person and understands them – they don't challenge the other person's boundaries.

Trust

Trust comes in many forms.

Do they “walk the talk” and keep their promises? **Do you?**

Can your cadet trust that they can confide in you, without you telling other family members what you discuss?

Honesty

This one goes
hand-in-hand with
trust.

Being able to be
honest with each
other goes into
having healthy
communication

Honesty also
includes telling your
cadet something
they might not
want to hear.

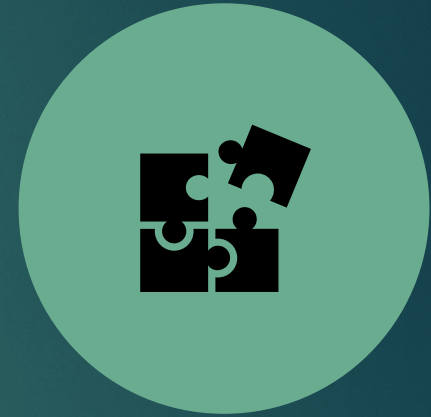
Balance



HEALTHY RELATIONSHIPS HAVE
A GIVE-AND-TAKE.



WORKING WITH A TEENAGER
MAY BE CHALLENGING IN THIS
ONE, AS YOU MIGHT FEEL LIKE
YOU ARE DOING ALL THE
WORK. HOWEVER, FINDING
BALANCE WITH THEM IS KEY.



DISCUSS YOUR EXPECTATIONS
WITH EACH OTHER OPEN AND
HONESTLY TO ENSURE BOTH OF
YOU ARE PUTTING IN THE
WORK FOR YOUR
RELATIONSHIP.

A large, dark teal, curved shape on the left side of the slide, resembling a stylized letter 'C' or a partial circle.

Relationship Spectrum

RELATIONSHIPS EXIST ON A SPECTRUM

HEALTHY

A healthy relationship means that both you and the other person are:

Communicating: You talk openly about problems, listen to each other, and respect each other's opinions.

Respectful: You value each other as you are. You respect each other's emotional, digital, and sexual boundaries.

Trusting: You believe what the person has to say. You do not feel the need to prove each other's trustworthiness.

Honest: You are honest with each other but can keep some things private.

Balanced: You make decisions together and hold each other to the same standards.

Enjoying Personal Time: You both enjoy spending time apart, alone, or with others. You respect each other's need for time apart.

UNHEALTHY

You may be in an unhealthy relationship if one or both people are:

Not Communicating: When problems arise, you fight or don't discuss them at all.

Disrespectful: One or both people are not considerate of the other's feelings and/or personal boundaries.

Not Trusting: One person doesn't believe what the other says or feels entitled to invade their privacy.

Dishonest: One or both people lie.

Trying to Take Control: One person feels their desires and choices are more important.

Only Spending Time with The Other Individual: The other person's community is the only one you socialize in.

ABUSIVE

Abuse is occurring in a relationship when one or both people:

Communicates in a way that is hurtful, threatening, insulting, or demeaning.

Disrespects the feelings, thoughts, decisions, opinions, or physical safety of the other.

Physically hurts or injures the other person by hitting, slapping, choking, pushing, or shoving.

Blames the other person for their harmful actions, makes excuses for abusive actions, and/or minimizes the abusive behavior.

Controls and isolates the other person by telling them what to wear, who they can hang out with, where they can go, and/or what they can do.

Pressures or forces the other person to do things they don't want to do; threatens, hurts, or blackmails the other person if they resist or say no.

A Mentor is **NOT**

- ▶ Mom or Dad
- ▶ A Savior
- ▶ Mr. or Ms. Fix-it
- ▶ Licensed Therapist
- ▶ A Cool Peer
- ▶ A Parole Officer
- ▶ Disciplinarian



Strengthening Relationships

Invest Time



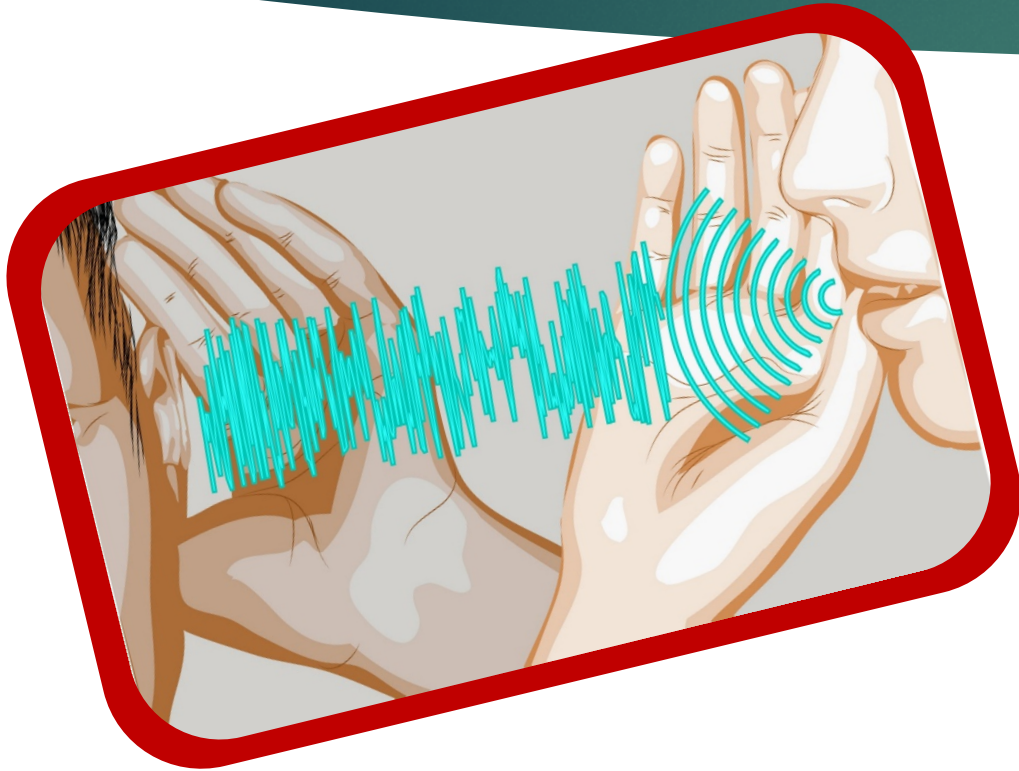
- 👉 QUALITY not quantity
- 👉 Reach out – be consistent
- 👉 Take turns with activities

Be Present

- 👍 Limit distractions
- 👍 Be you



Listen to Hear



- 👍 Pay attention
- 👍 Don't interrupt
- 👍 Rephrase
- 👍 Respond

Most of the time, we aren't looking for solutions, we just want to be heard.

Things to keep in mind regarding your relationship with your cadet:



Support them



Trust them



Be honest with them



Let go of judgment



Respect that they come from different cultures, backgrounds, and experiences



Good communication is key!