

Building Strong Connections: A Guide to Healthy Relationships

Be a Kind Connection: Grow Friendships that Flourish!

- **Respect is the foundation of every good relationship.** This means valuing other people's opinions and treating them the way you would like to be treated.
- **Healthy boundaries help us feel safe.** It is important to know that you are allowed to say 'no' if you feel uncomfortable, and you should always listen when others say 'no' to you.
- **Trust is built over time through honest actions.** Being reliable and keeping your promises helps the people around you feel secure and valued.
- **Effective communication involves active listening.** This means giving someone your full attention when they are speaking, rather than just waiting for your turn to talk.
- **Empathy is the ability to understand and share the feelings of another person.** Trying to see things from someone else's perspective helps us resolve disagreements peacefully.

Did you know? Did you know that humans are naturally social beings? Just like Leo the Lion and his pride, we thrive when we look out for one another. Research shows that having strong, supportive relationships can actually improve your physical health and boost your mood!

Key vocabulary: Respect · Empathy · Boundaries · Communication · Trust · Cooperation