

Building Strong Connections: The Power of Healthy Relationships

Be a Bridge Builder: Strengthen your friendships, celebrate your differences, and grow together!

- **Healthy relationships are built upon a foundation of mutual respect, where each person's thoughts, feelings, and boundaries are acknowledged and valued.**
- **Effective communication involves active listening, which means giving someone your full attention and trying to understand their perspective without interruption.**
- **Trust is earned through consistent, honest behaviour; being reliable and keeping your promises helps others feel safe and secure in your company.**
- **It is perfectly healthy to have different opinions or interests than your friends; celebrating these differences makes a friendship more interesting and resilient.**
- **Setting personal boundaries is a sign of self-respect; it is important to clearly and kindly communicate what you are comfortable with in any situation.**
- **Kindness acts as a social glue, helping to mend disagreements and fostering an environment where everyone feels included and welcome.**

Did you know? Did you know that humans are naturally social beings? Just like Leo the lion relies on his pride, we thrive when we have supportive connections. Scientists have found that positive social interactions release oxytocin, often called the 'bonding hormone', which helps us feel calm and connected to those around us!

Key vocabulary: Mutual respect · Empathy · Boundaries · Trustworthiness · Communication · Collaboration · Integrity · Inclusivity