

Healthy Relationships For Success in Education

Healthy relationships positively impact a child's brain development which not only helps them to establish and maintaining healthy relationships, but ultimately, healthy brain development affects success in education. Fostering healthy brain development:

- This depends on several factors, including the quality and reliability of relationships that children and young people have within and outside the family.
- Warm, responsive and trusting relationships provide optimal conditions for children and young people to learn and make sense of the world around them.
- As an educator, you have an important role in supporting children and young people to develop in ways that ensure good health, wellbeing and success throughout their childhood, adolescence and into the future.ⁱ



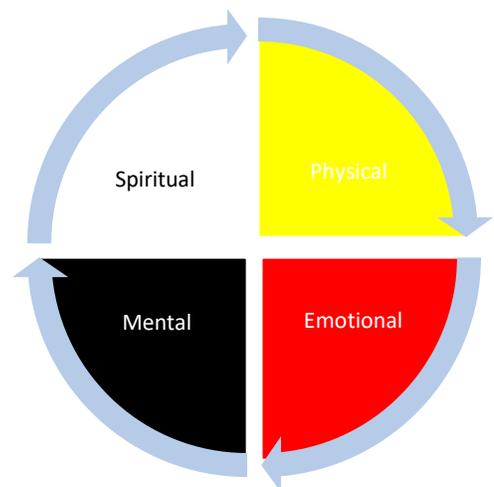
A healthy relationship is when both people honour and respect each other and when each of you takes on the responsibility to raise each other up. A healthy relationship includes effective communication, shared goals and shared decision making.

A healthy relationship is one in which both people feel a healthy sense of "self." Each person feels harmonious when spending time with the other person. Two emotionally healthy people try to meet each other's needs, and each can ask for help without fear of criticism.ⁱⁱ

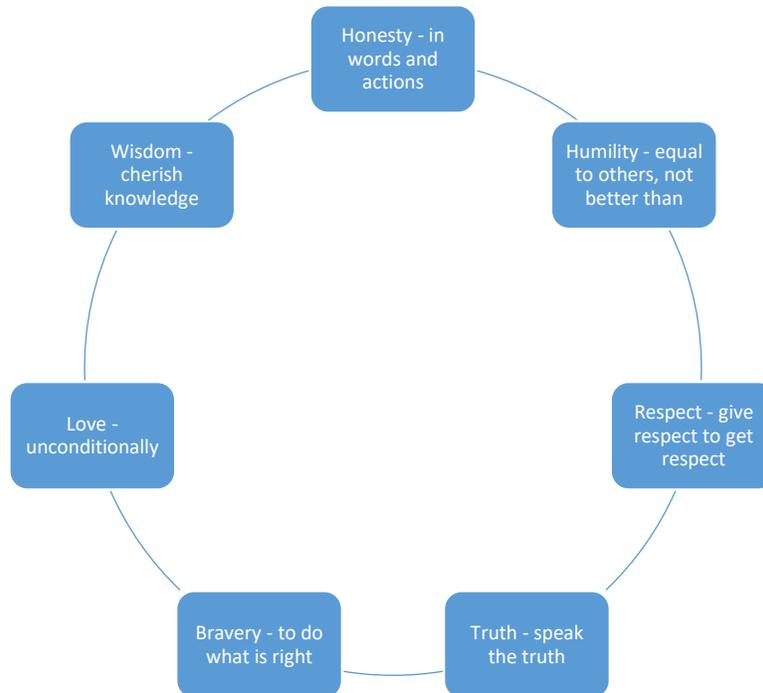
Caring, kindness, support, encouragement, and empathy are the watchwords of a good and loving relationship. There is simply no room for rudeness, meanness, jealousy, insulting, degrading, blaming, guilt, criticizing, judging, or physically acting out, especially when the object is one's partner. Those boundaries cannot be crossed.ⁱⁱⁱ

Healthy relationships can be achieved when both people are living in balance.

The physical, emotional, mental and spiritual elements of ones' life are referred to as the *Four Aspects of Self* which, when taken together, represent the four parts of one's being. These elements are gifts from the Creator, but each aspect commands responsibility in order to maintain healthy balance of the self in all respects. Neglect of exercising any one element leads to an imbalance of the whole in the traditional indigenous view.^{iv}



A healthy relationship exists when each person lives by the teachings of the seven grandfathers of the Anishinaabe. Each person shares respect, love, wisdom, trust and bravery honestly and with humility.^v



The Haudenosaunee perspective of a healthy relationship is when people practise using a good mind in all relationships. The definition of good mindedness:

meaning we'll be honest, trustworthy. We're going to be respectful to each other. We're going to solve our problems without resorting to violence. We are going to make amends when our people hurt one another. (Rick Hill)^{vi}

ⁱ [Brain development - Be You](#)

ⁱⁱ Adapted from [Definition of a Healthy Relationship \(oueverydaylife.com\)](#)

ⁱⁱⁱ [10 Signs That You're In a Healthy Relationship | Psychology Today](#)

^{iv} [Cree Learning Activities Intermediate Level - Fourdirectionsteachings.com](#)

^v [7 Sacred/Grandfather Teachings | ONWA](#)

^{vi} [Voices From Here: Richard Hill | The Canadian Encyclopedia](#)