

Building healthy relationships







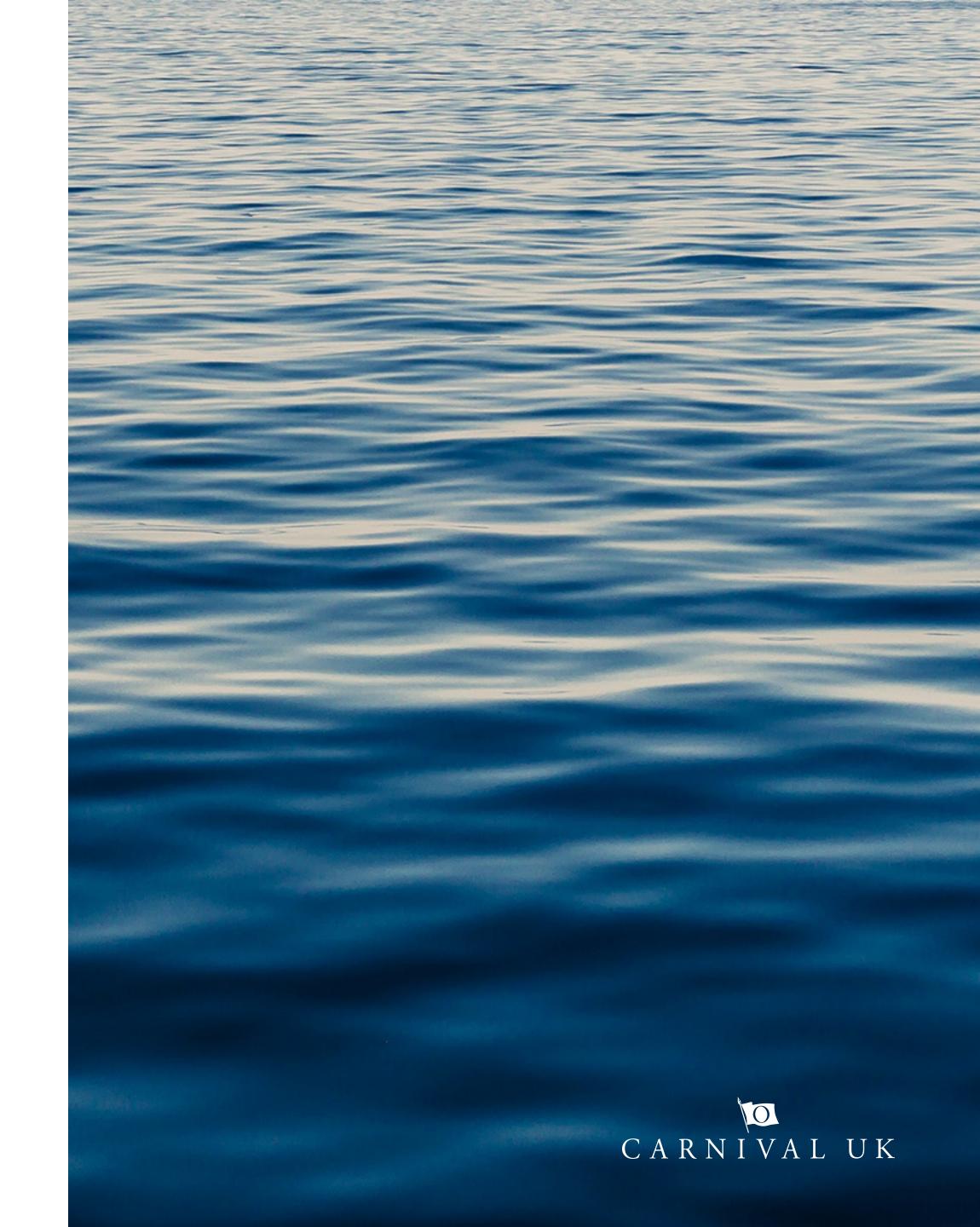
Types of relationships:

- Romantic relationships
- Friendships
- Family
- Work colleagues
- Cabin mates
- Managers and team members

But how do you know if the relationship is a healthy one?









HEALTHY RELATIONSHIPS

- Respecting each other's personal boundaries
- Respecting each other's right to say no
- Open communication about your feelings and listening to how the other person feels
- Trust
- Giving each other space and independence
- Feeling safe and supported
- Being accepted for who you are and feeling a sense of belonging



UNHEALTHY RELATIONSHIPS

- Disrespecting boundaries and refusing to take no for an answer
- Using pressure, guilt, intimidation and threats
- Excluding you or refusing to communicate
- Isolating you from other people
- Controlling what you wear or how you act
- Being overly critical, humiliating or embarrassing you
- Using money to control you







Speak Up against unhealthy relationships

If a person is behaving in a way that makes you feel uncomfortable, humiliated or threatened, you have the right to **Speak Up and say no**.

This includes saying no to your partner, to your manager, to a colleague, to a friend or to a family member.









Need support or more information?

Speak to your Line Manager, Head of Department or HR Manager.

We're here to help.

Our Crew Assistance Programme (CAP) also offers further support.





