



**HEROES of 'safe and well'**

*HESs excellence through Culture Essentials*

# 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.