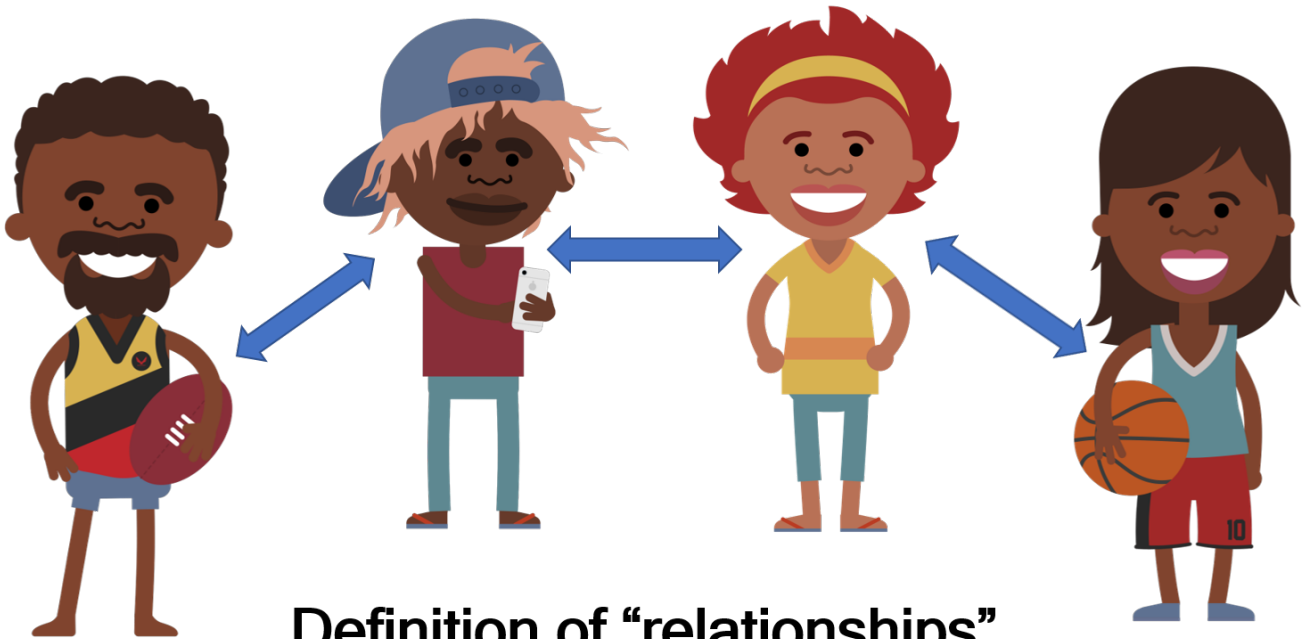


HANDOUT 1.1 DEFINITION OF “RELATIONSHIPS”



Definition of “relationships”

The word relationship describes the connection that people have with each other. Relationships are an important part of being human; we all seek connection with other people.

There are many different types of relationships. For example: family, friends, teachers, intimate/romantic relationships, team mates.

Relationships are formed through shared experiences. For example you might go to the same school, have grown up in the same community or house, or join the same sporting team and share similar interests.

An “intimate relationship” refers to two people who share an emotional and sometimes physical connection. This means they express their connection to each other using touch (which *could* include sexual touch) and through sharing deep and personal things with each other.

There are many things needed for a relationship to healthy. We will explore these more in our activities.

