

Fact Sheet: Healthy Relationships

Understanding healthy relationships

Healthy relationships are characterized by respect, trust, support, accountability, honesty, responsibility, conflict resolution, fairness and non-threatening behaviour.

Unhealthy relationships can contribute to bullying

Healthy relationships give people tools to deal with complex emotions and problems respectfully. When people aren't able to manage their emotions or solve conflicts, they are at a higher risk to be involved in bullying.

Bullying can affect Albertans in their schools, workplaces, communities and online. Bullying creates fear and threatens the safety and well-being of individuals, families and society as a whole. When bullying happens, all of us suffer. To decrease or eliminate bullying behaviours, we need to work together to create a civil society built on healthy and respectful relationships.

Currently, Alberta has high rates of bullying.

- 50 % of Alberta students have been bullied
- 45% of Canadians have felt bullied at work
- 40% of youth admit to bullying someone online or in person
- 20% of seniors have experienced bullying in their community or residence


- 20% of Albertans have been bullied while playing sports

Promoting healthy relationships is important

When people are in healthy relationships, they are more likely to feel respected and included; they are more likely to reach their potential, give back to their communities and promote healthy relationships with others.

To promote healthy relationships we need to work together to reduce risk associated with bullying and promote protective factors that promote emotional resiliency.

Risk Factors	Protective Factors
Poor communication skills	Able to communicate feelings and expectations
Limited problem solving skills in social situations	Able to work through complex social situations
Anti-social behaviours (dishonesty, verbal abuse, selfishness)	Pro-social behaviours (helping, honesty, co-operating, listening)
Alcohol and drug use	Educated and supported to avoid alcohol
Being isolated	Strong social supports



Healthy relationships can provide people with increased emotional resiliency by increasing their social skills.

Everyone can be a model for healthy relationships and work to prevent bullying by:

- Being empathetic and respectful to others
- Being active by-standers, bullying thrives in silence and standing up for victims is an important step to ending bullying.
- Supporting people who are being bullied