Healthy Relationships

These activities are here to help you build stronger communication skills in your relationships, including how to handle disagreements in a safe and respectful way. As you go through them, try to be open and honest - that's the best way to get the most out of it and work towards your goals.

INTRODUCTION

- How Should I Use This Tutorial?
- Aims and Objectives
- Who Should Complete This Tutorial?

HEALTHY RELATIONSHIPS

- Healthy Relationships Introduction

UNDERSTANDING HEALTHY RELATIONSHIPS

- What Makes a Relationship Healthy?
- Types of Relationships in Higher Education

The Relationship Continuum

MAINTAINING HEALTHY RELATIONSHIPS

Maintaining a Healthy Relationship With Yourself

COMMUNICATION SKILLS FOR BUILDING HEALTHY RELATIONSHIPS

Good Communication

BUILDING TRUST

Building Trust in Relationships

SETTING HEALTHY BOUNDARIES

Why Boundaries Matter

RESPECTING DIFFERENCE

Cultural Awareness and Respect

SOURCES OF SUPPORT

University Support Services and Resources

SUMMARY

Key Take Aways

References

How Should I Use This Tutorial?

You should navigate through this tutorial using the ‘continue’ buttons at the bottom of each page or by the navigation on the left hand side of the screen. Additionally, you should complete activities along the way to check your understanding on the topic.

At the end of the tutorial, you will be asked to complete an assessment. If you pass the assessment, you will be awarded a digital badge to demonstrate your achievements with this tutorial.

This tutorial should take you approximately 20 minutes to complete.

CONTINUE - Aims and Objectivies

Aims and Objectives

The aim of this tutorial is to help you:

1. Define what a healthy relationship looks like and identify the key features that support wellbeing and mutual respect

2. Recognise the signs of unhealthy relationships and understand why these can be harmful
3. Apply effective communication techniques to express yourself clearly and listen actively in relationships
4. Explore ways to build and maintain trust in different types of relationships
5. Understand the importance of setting and respecting boundaries, including how to communicate personal limits in a healthy way
6. Appreciate and respect differences in values, beliefs, and backgrounds, and understand how diversity can enrich relationships
7. Identify sources of support (at University and externally) for managing relationship challenges or seeking help

By the end of this tutorial, you should be able to immediately apply the knowledge and skills learnt to your studies and personal life.

CONTINUE - Who Should Complete This Tutorial?

Who Should Complete This Tutorial?

It is recommended that you should complete this tutorial if:

1. You’re a new student at the University of Greater Manchester
2. You’re new to studying in the UK
3. You're an undergraduate or postgraduate student

4

You have been advised to complete this tutorial by a member of staff

CONTINUE - Healthy Relationships - Introduction

Healthy Relationships Introduction

CONTINUE - What Makes a Relationship Healthy

What Makes a Relationship Healthy?

Relationships can have a very positive impact on our lives, offering support, trust, and love - some of the most rewarding aspects of a healthy connection.

Relationships, including the one you have with yourself, play a crucial role in our mental wellbeing. Those who have healthy, positive, and supportive connections are more likely to experience greater happiness and better overall health.

Building and nurturing strong relationships can also help reduce feelings of loneliness and improve mental health difficulties such as anxiety and low mood (NHS, 2025).

For many students University life can present a range of new opportunities and experiences, including developing new relationships. These may include relationships with peers and academic staff, developing new friendships, intimate relationships and others. The nature of our relationships with others can impact on academic achievement, mental and emotional wellbeing including self-esteem and overall quality of life.

CONTINUE - Types of Relationships in Higher Education

Types of Relationships in Higher Education

Research demonstrates building effective relationships with others is central to an enriching student experience, creating a sense of belonging, promoting positive engagement, and enhancing academic outcomes (Leenknecht et al., 2020; Quality Assurance Agency, 2024). Some examples of the types of relationships you may develop as a student whilst studying at university include:

Friendships

Peer relationships that provide emotional support, companionship, and shared experiences.

Romantic Relationships

Relationships that involve emotional and physical intimacy, often developing during study years.

Professional Relationships

Interactions with academic tutors, advisors, mentors, and wider university staff, all of which require mutual respect, trust, and effective communication. Maintaining clear and respectful boundaries is essential for fostering a healthy, professional, and supportive environment. These boundaries help to ensure that these relationships remain appropriate, ethical, and conducive to learning.

The University actively values good professional relationships between employees and students that are based on mutual trust and respect. Although the University recognises

that human beings do become attracted to and involved with one another without deliberate intent and that such relationships may be desired by both parties and genuinely affectionate, with the exception of some limited excluded relationships, the University prohibits intimate personal relationships between staff and students, and considers it as unprofessional for an employee to seek to initiate or pursue a relationship of this kind. An intimate personal relationship means a relationship that involves one or more of the following elements:

i. physical intimacy including isolated or repeated sexual activity;

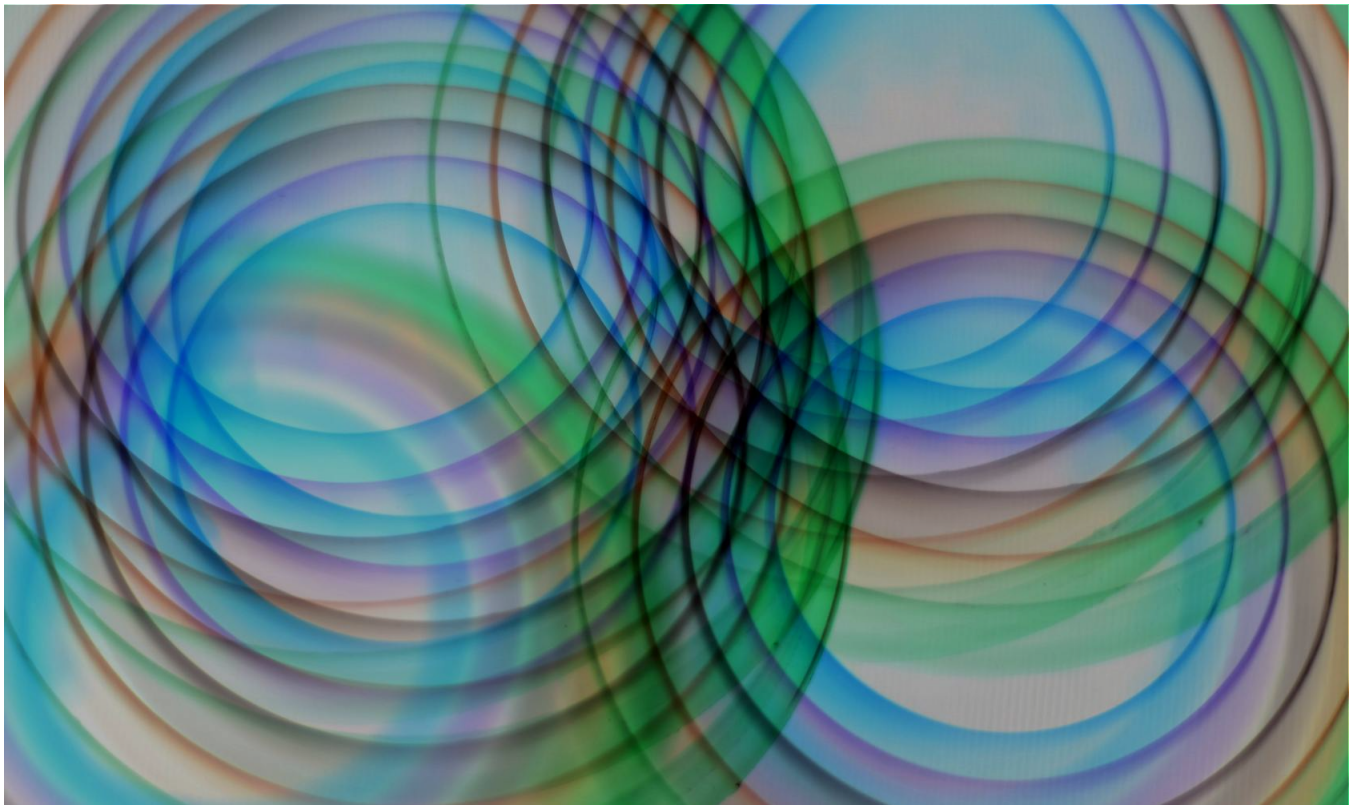
or

ii. romantic or emotional intimacy.

See the 'University Policy on Consensual Relationships' within the Student Policy Zone for the current academic year.

CONTINUE - The Relationship Continuum

The Relationship Continuum



Relationships exist on a continuum, from healthy to abusive, with unhealthy relationships somewhere in the middle.

Healthy relationships are characterised by: trust, honesty, fairness, and equality; with an understanding of each other's needs, values, feelings, and boundaries.

Healthy relationships involve:

Respect

Valuing each other’s opinions, feelings, needs and boundaries.

Trust

Feeling confident that your friend, peer, or partner will act in ways that benefit you and the relationship. There is reliability and honesty within the relationship creating a sense of security and safety.

Effective Communication

Openly sharing thoughts, feelings, and concerns, whilst listening to and respecting one another’s views.

Boundaries

Understanding and valuing each other's boundaries, whether emotional, physical, or time related.

Compromise

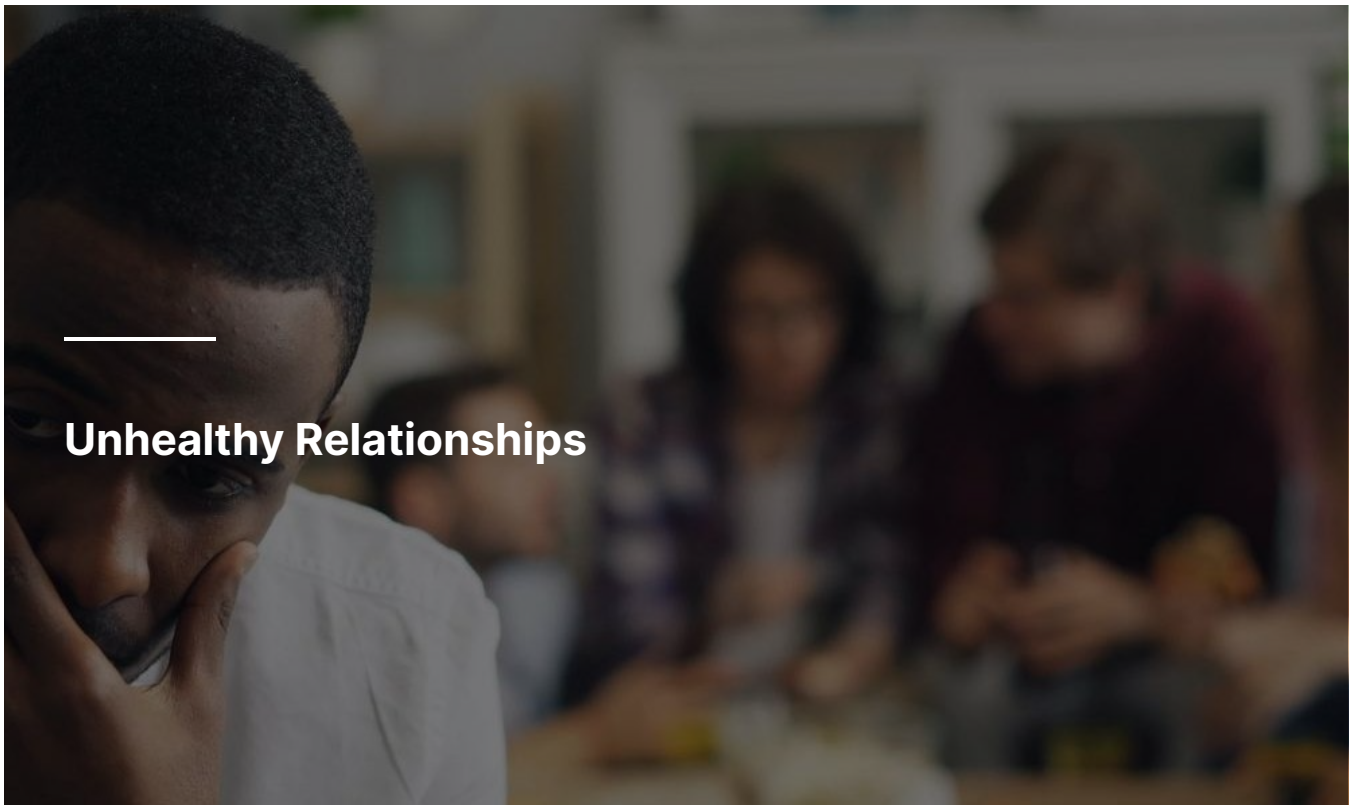
Both people are willing to work together and compromise to resolve conflicts.

Shared Decisions

Decisions are made together and both parties feel heard.

Support

Offering encouragement and help when needed, whether this be emotional, practical and/or supporting each other's dreams and ambitions (Mental Health Foundation, 2025).



Unhealthy Relationships

An unhealthy relationship is one where the dynamics between the people involved cause harm or distress rather than supporting each other in a positive, respectful way. In an unhealthy relationship, you might experience:

Lack of Trust

When there's constant doubt, dishonesty, or secrecy, it creates a sense of distrust that can be hard to overcome.

Poor Communication

Conversations feel tense, and issues get brushed aside instead of being talked through. This might also involve someone pulling away and not willing to talk at all.

Trying to Take Control

Putting someone down, insulting them, or ignoring their boundaries leaving them feeling undervalued and unappreciated.

Constant Criticism

Instead of offering helpful feedback, one person constantly puts the other down, damaging their confidence and self-worth.

Emotional Manipulation

Using guilt, fear, or other emotional tactics to get what one wants. This can include pressuring the other person into doing things they're uncomfortable with.

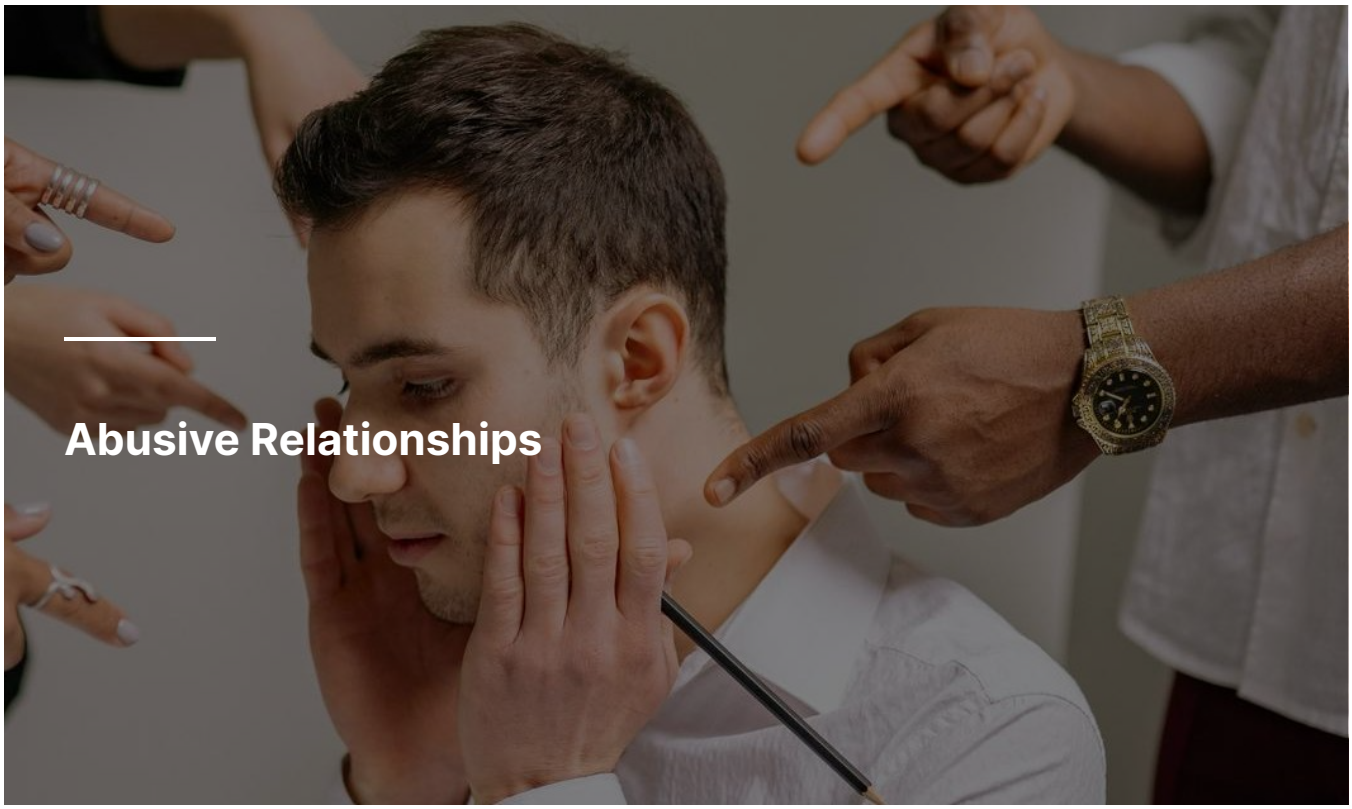
Lack of Support

One person fails to be there for the other, especially during tough times or moments of need.

Frequent Conflict

Arguments are unresolved and seem to happen regularly with no real effort to fix things or find common ground (Women's Aid, 2025).

Recognising these signs early is important in addressing or even ending the relationship to protect your own mental health and wellbeing.



Abusive Relationships

An abusive relationship is one where one person seeks to control or harm the other through different forms of abuse, whether it's physical, emotional, verbal, or even financial. The abuser uses power and manipulation to dominate the other person, making them feel unsafe, powerless, or trapped. Some signs of an abusive relationship include:

Physical Violence

Any kind of hitting, slapping, or physical harm to control or intimidate the other person.

Verbal or Emotional Abuse

Constant insults, belittling, humiliation, or threats that chip away at the person's self-esteem and emotional well-being.

Sexual Abuse

When someone forces or pressures you into sexual activity without your consent, including rape, unwanted touching, groping, or being coerced into watching pornography.

Coercive Control

A pattern of acts of assault, threats, humiliation and intimidation where one person manipulates or forces the other into a submissive or dependent position through fear and control; limiting the other persons freedom, autonomy and sense of self. Some examples may include acting overly possessive, checking in constantly, limiting the other person's freedom, and pushing them to cut ties with friends and family.

Manipulation and Gaslighting

Actions that make the other person question their own reality, denying things they've done or said or denying their actions are abusive, leaving the other person feeling confused and second-guessing themselves.

Threats and Intimidation

Making threats of harm - either to the other person or their loved ones - to create fear and compliance.

Control Over Finances and Resources

Controlling money, job opportunities, or even transportation, making the other person financially dependent and feeling trapped.

Unpredictable Behaviour

Mood swings or sudden bursts of anger create a tense environment, leaving the other person feeling like they are walking on eggshells, not knowing when the next outburst will happen (Refuge, 2025).

If you or someone you know is experiencing abuse, it is important you tell someone - reach out and seek support from someone you trust. This may be a friend, family member, tutor or colleague. There are also a number of services who can provide you with advice and support if you are experiencing an unhealthy or abusive relationship. These are outlined in the 'Sources of Support' section of this tutorial.

You may also wish to engage in the following LEAP online sections which support the information in this section:

Domestic Abuse Awareness

LEAP ONLINE

Sexual Consent

LEAP ONLINE

Safeguarding

LEAP ONLINE

In the event of an emergency, if you or someone you know is at immediate risk from harm, please contact the police immediately on 999. For non-urgent concerns please contact the police on 101.

CONTINUE - Maintaining a Healthy Relationship With Yourself

Maintaining a Healthy Relationship With Yourself

Research consistently shows that having a positive relationship with yourself such as improved self-esteem, self-awareness, emotional control and self-compassion, paves the way for healthier, more fulfilling relationships with others.

How we feel about ourselves, directly influences how we connect with others. Developing high self-esteem creates a sense of purpose which can increase connection and stability within relationships. Higher levels of self-esteem means you are more likely to communicate your needs more effectively and establish and maintain personal boundaries, leading to healthier relationships. In contrast, low self-esteem can often lead

to anxiety and insecurity, resulting in unhealthy relationship patterns (Psych Central, 2024).

Maintaining a Healthy Relationship With Yourself

Self-care and self-compassion are vital for developing and maintaining high self-esteem. Here are some tips to maintain a healthy relationship with yourself.

Select the 'Start' button to begin.

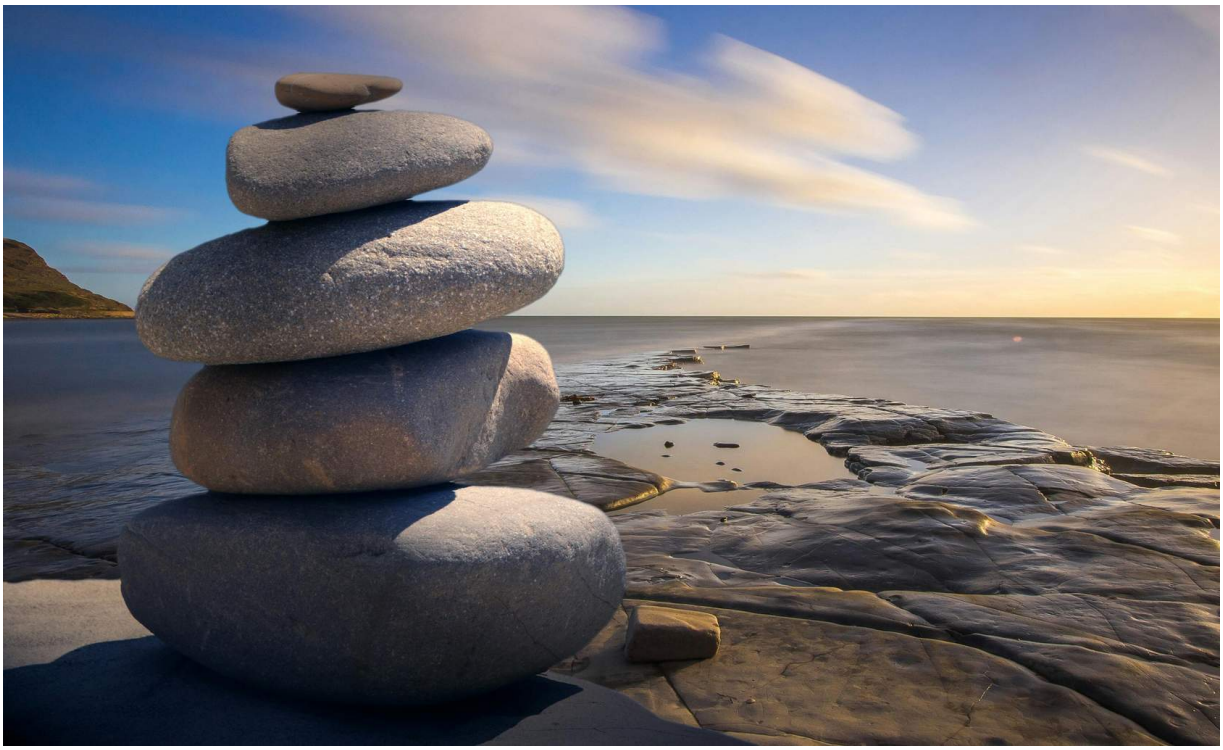
Step 2

Practice self-care and compassion

Self-care includes activities and practices that support your physical, mental, and emotional wellbeing. Self-compassion means treating yourself with the same kindness, understanding, and care that you would give to a friend going through a tough time.

Step 3

Mindfulness and relaxation



Mindfulness is the practice of focussing on the present moment- the here and now. We often get caught up in our own thoughts, the stresses of life, worries and what ifs, not noticing how these thoughts are driving our emotions and behaviours. In doing so it is easy to lose sight of the world around us. Mindfulness helps refocus our attention to become more self-aware allowing better understanding of ourselves and our surroundings. Practicing mindfulness on a regular basis has been shown to reduce feelings of stress, anxiety and depression. The Free Mindfulness Project has some great resources.

Step 4

Journaling

Journaling provides a safe space to express your innermost emotions and thoughts without fear of judgment. Writing down our feelings allows us to process them, gain insight, and deepen our understanding of our emotional world. By exploring the depths of our minds, we can uncover patterns, triggers, and recurring emotions that might have otherwise stayed hidden. This self-awareness fosters emotional growth and is a valuable tool in managing feelings of stress, anxiety, and depression more effectively. You can find more information about the benefits of journaling here:

- Papyrus: Mental Health Benefits of Journaling

Step 5

Deep breathing exercises

Deep breathing can help support our mental health and wellbeing by reducing stress and anxiety and support relaxation. Deep breathing stimulates the vagus nerve signalling a state of safety and relaxation. The vagus nerve plays a key role in promoting relaxation and calming the body after stress or danger. It helps lower heart rate, reduce blood pressure, and support digestion, among other functions. It can lower blood pressure and heart rate. It helps decrease stress hormones in the bloodstream and also supports mood balance. There are different deep breathing techniques you can try such as ‘Box Breathing’ and the ‘4-7-8 technique’ explained here:

- British Heart Foundation: 3 breathing exercises to relieve stress

Step 6

Spending time in nature

Research has found that people who feel a strong connection to nature are often happier in life. Nature has a way of bringing out positive emotions like calmness, joy, and creativity. Additionally, spending time in nature is linked to improved mental health, including reduced levels of depression and anxiety (Mind, 2023a).

There are a number of local nature reserves in Greater Manchester and the surrounding areas. You can find out more information here, however you don't need to travel far to experience the benefits of nature, try taking a walk or sitting outside at home, wherever you feel comfortable doing so - as long as you are outdoors you are experiencing nature.

Step 7

Physical wellbeing

Engaging in activities that supports our physical wellbeing has been shown to have a positive impact on our mental and emotional wellbeing, including reduced stress, improved mood, self esteem and confidence, improved energy levels and focus, improved sleep and reduced feelings of loneliness (Mind, 2023b).

If you are looking to try a new hobby or activity or are even looking for opportunities to meet new people, the University's Sports and Wellness Centre has a number of indoor and outdoor activities you may be interested in.

Step 8

Positive self-talk

Positive self-talk is the practice of replacing negative thoughts with supportive, encouraging ones. It plays a key role in developing and sustaining healthy self-esteem, boosting confidence, enhancing mental well-being, and improving performance in many areas of life. An example of this is positive affirmations. These are positive statements we repeat to ourselves, helping to strengthen desirable beliefs and attitudes. By consistently affirming our strengths and abilities, we can gradually change the way we see ourselves and boost our self-confidence (Papyrus, 2025).

Step 9

Practice gratitude

Practicing gratitude as a self-care practice means consciously recognising and appreciating the positive things in your life. This can lead to greater happiness, lower stress levels, and enhanced mental well-being. Expressing gratitude towards ourselves might include writing down the things we are thankful or grateful for. You might do this as a daily journal to allow for regular reflection of the positive things we have achieved or our appreciative of in our lives. We can also express gratitude towards others just by saying thank you to others who have helped you in some way or have made your day a little better (Khorrami, 2020).

CONTINUE - Good Communication

Good Communication

Communication is the foundation of all relationships. Developing good communication skills will help you avoid misunderstandings and strengthen bonds. Here are some tips to support good communication:

Active Listening

Listen to understand, not just to reply. Focus on what the other person is saying, keep eye contact,

show you get it, and don’t interrupt.

Express Yourself Clearly

Be honest about what you think and feel, but always do it respectfully.

Non-Verbal Cues

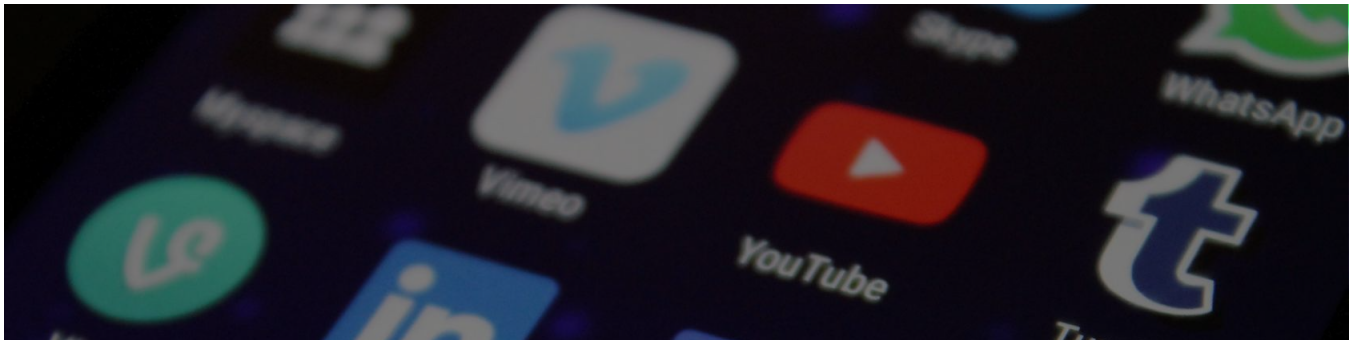
Pay attention to your body language, facial expressions, and tone. These things matter a lot in how your message is understood. Being fully present helps the other person feel heard and valued.

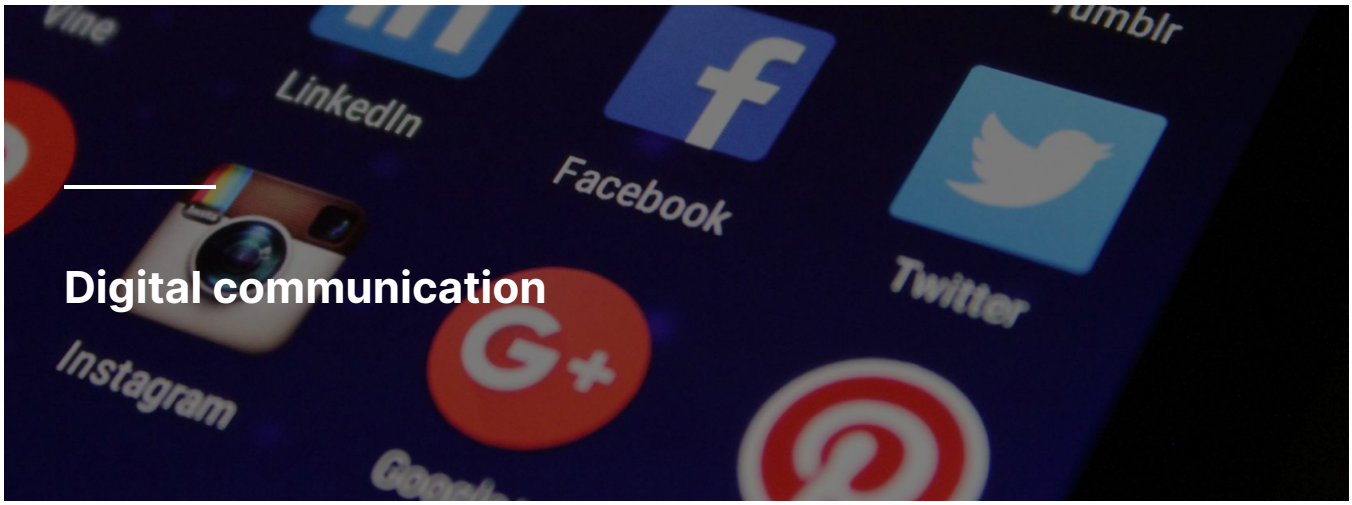
Avoid Making Assumptions

Don’t guess what someone is thinking or feeling. It can lead to confusion. Instead, ask them to explain so you both understand each other better and avoid any problems.

Conflict Resolution

When you disagree, stay calm. Use “I feel...” instead of blaming the other person. Be open to finding a solution together (Hope Therapy and Counselling Services, 2023; Robinson et al., 2025).





Digital communication

In today's world, most of our conversations happen through text messages, social media, and other digital platforms, making effective communication more important than ever. Here are some tips to make sure your digital conversations are clear and respectful:

Tone Awareness

Tone can be easily misinterpreted in text since it lacks the non-verbal cues (like facial expressions or body language) that help convey emotion in face-to-face communication. Emojis and punctuation can help show your tone. Be clear in your messages to prevent misunderstandings. Instead of just saying, "Can we talk later?" try something like, "Would you be free to chat at 5pm today?"

Consider the Context

What you say in a casual chat with friends might not work in a more formal or professional setting. Always think about who you're talking to and adjust your message to fit.

Digital Boundaries Matter

Be mindful of when someone might prefer not to be disturbed. Avoid sending messages late at night or overwhelming them with constant texts. Many people enjoy having time to themselves and may ask for a bit of space at certain times of the day - try not to take this personally.

Respect Privacy

Don't push for personal information if the other person isn't comfortable sharing it.

Be Patient

Sometimes digital responses can take a little longer. People have other commitments and responsibilities so try not to jump to conclusions or assume the worst.

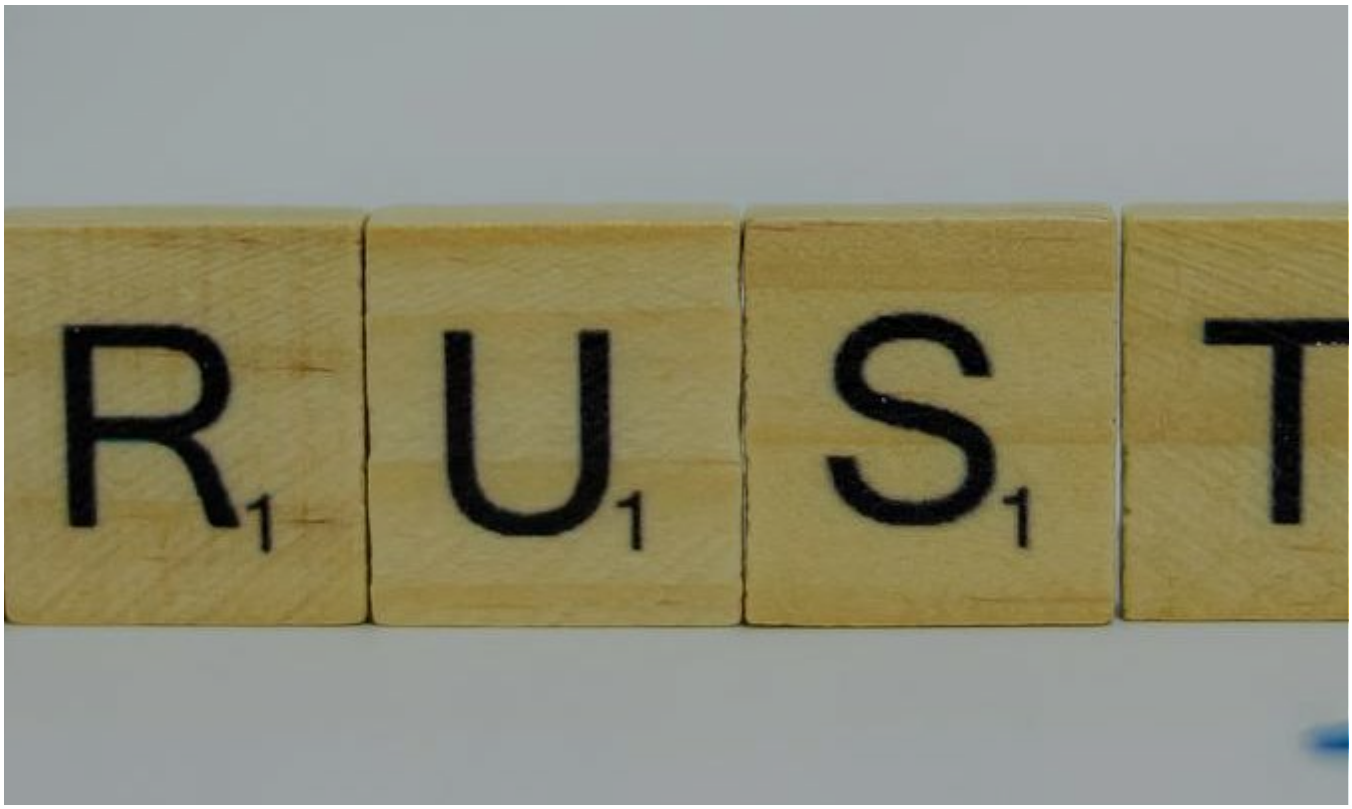
Know When to Move Offline

If a conversation starts getting tense or emotional, suggest continuing it face-to-face or over a call, where tone and body language can make things clearer. Some serious discussions might be better suited for a phone call or video chat.

By keeping these things in mind, you'll help make sure your digital communication stays clear, respectful, and positive! (Access Technology, 2024; Very Well Mind, 2025)

CONTINUE - Building Trust in Relationships

Building Trust in Relationships



Trust is believing that someone will have your best interests at heart and won't let you down. In relationships, trust takes time to build but can be easily broken if it's betrayed.

Be Reliable

Follow through on your promises and commitments. Whether it's showing up for a study session or sticking to plans you made with a friend, being dependable and consistent is important in building

and maintaining trust in a relationship.

Be Honest

Honesty is the foundation of trust. Be open and transparent, even when it's tough. Showing integrity by aligning your actions to your words is essential to building trust within a relationship.

Confidentiality

When someone shares something personal with you, respect their privacy. Keep what's shared in confidence, and don't pass it along without their permission (Copley, 2025).

There are times you may have to share information if it is in the best interest of the other person, for example if there is a risk of harm from others or if they are a risk to themselves or others. Initially you may want to share your concerns with the other person and encourage them to seek support from services such as the Life Lounge or their GP to empower the other person to seek help. In situations such as these always take care of your own mental health and wellbeing and recognise your own limitations.

If you continue to have concerns it is important you don't try and manage this alone. Seek support from someone you trust such as a tutor or speak to the Life Lounge for advice and guidance.

If someone you know is an immediate danger to themselves or others contact 999 requesting an ambulance to their current location. If they are in immediate danger from others please contact 999 requesting police assistance.

Building trust in group settings

In university, trust is just as important when working with others in group projects or student groups such as student led societies. To work well in groups, it's important to have a few key attitudes:

1. Being friendly and welcoming
2. Encouraging and supporting others when participating
3. Respecting how people think and feel, and respecting your own thoughts and feelings to build trust with your peers
4. Have a clear understanding of the task in hand and remember you are all working towards a shared goal
5. Respect each other's ideas and contributions. Be open to a range of ideas and suggestions
6. Acknowledge others' work and recognise the strengths of group members
7. Keep a positive attitude, especially during challenging moments in group discussions or tasks (Bion, 1961).

CONTINUE - Why Boundaries Matter

Why Boundaries Matter

Setting clear and respectful boundaries is important for maintaining a sense of autonomy and self-care. Boundaries prevent burnout and protect your mental and emotional health.

Emotional Boundaries

Know when to say no to requests or when a relationship becomes emotionally draining.

Physical Boundaries

Respect personal space and consent in physical interactions, whether it's in friendships or romantic relationships.

Time Boundaries

Set limits on how much time you dedicate to others. Balance is key to academic success and personal well-being.

How to Set Boundaries

Set limits on how much time you dedicate to others. Balance is key to academic success and personal well-being.

1. Be clear and direct about your limits. Use “I” statements when communicating your feelings and needs to prevent the other person feeling blamed

2. Don’t be afraid to say “no.” Don’t feel pressured to do things you don’t feel comfortable with or that compromise your boundaries. Reinforce your boundaries regularly. If you ever feel your boundaries have been crossed, address this immediately with the other person and look to re-establish boundaries at the earliest opportunity

3. Don’t feel guilty for prioritising your well-being or studies

4. Respect others' boundaries as much as you want yours respected

5. Revisit and adjust boundaries as needed throughout the relationship (Reid, 2025).

CONTINUE - Cultural Awareness and Respect

Cultural Awareness and Respect

University is a diverse environment where you'll interact with individuals from different cultural backgrounds. Understanding and respecting these differences is key to fostering inclusive and respectful relationships, allowing others to feel understood and valued.

Ask Questions, Don't Assume

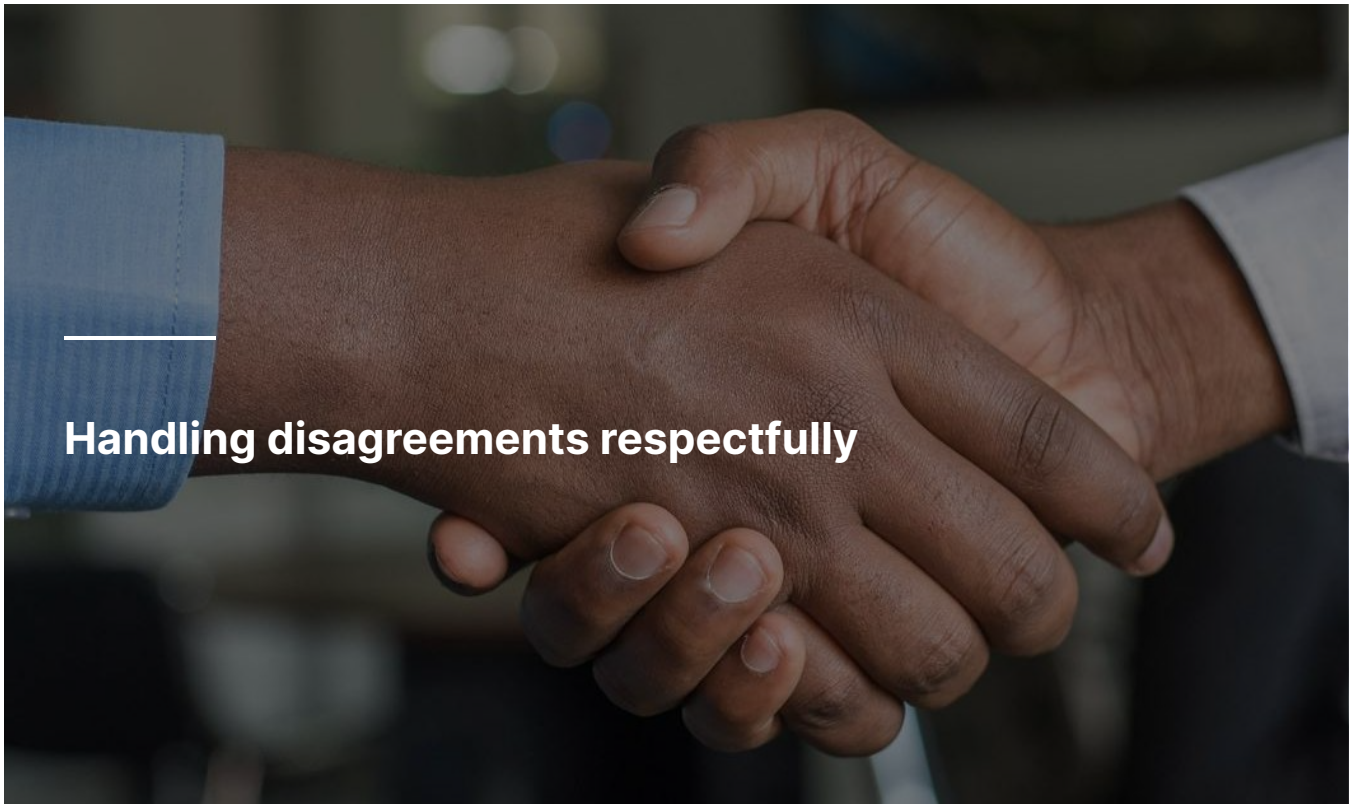
Approach cultural differences with curiosity rather than making assumptions or judgments.

Challenging Bias

We all have both conscious and unconscious biases that can surface in cross-cultural relationships. Ethnocentrism is a common cultural bias, which is the tendency to view one's own culture as superior to others. Recognising these biases is the first step in fostering mutual understanding and respect.

Be Open-Minded

Be willing to learn and adapt to different perspectives, values, and customs. Be respectful of others' individual differences.



Handling disagreements respectfully

In any relationship, disagreements are inevitable. However, it's how you handle them that makes a difference.

Stay Calm

Approach conflicts calmly with an open mind, even if the issue provokes a range of emotions such as anger or sadness. If you need some space before re-addressing the issue let the other person know. Often if we are experiencing intense emotions we may respond in a less rational way. Revisiting this at a time when you are both less angry or upset can lead to more rational resolution of the issue.

Communicate Respectfully

Focus on the issue at hand not the person. Use "I" statements to express your thoughts and feelings to avoid language that is personally attacking or accusatory for the other person. This can often escalate conflict.

Focus on Solutions

Work together to resolve the disagreement rather than focusing on assigning blame. Understand the other person's opinions and perspective.

Agree to Disagree

Sometimes, it's okay to acknowledge that you have different views and move forward without fully agreeing. This is about compromise (Relate, 2025).

Building and maintaining healthy relationships at University is a constant process that takes effort, open communication, and self-awareness. By focusing on respect, trust, and setting clear boundaries, you can form meaningful connections that help you grow personally and academically. And don't forget – it's completely okay to ask for support when you're navigating tough relationship challenges.

CONTINUE - University Support Services and Resources

University Support Services and Resources

The Life Lounge

The University's Student Mental Health and Wellbeing Service provides free, confidential mental health and wellbeing support for all current students studying at the University of Greater Manchester; including a Wellbeing Team, Mental Health Advisor Service, Counselling Service and Cognitive Behavioural Therapy (CBT) Service.

For further information:

- Website: Life Lounge
- Telephone: 01024 903566

- Email: lifelounge@bolton.ac.uk
- Call in person: The Life Lounge, Chancellors Building, Eagle Tower, T2

Chaplaincy and Multi-faith Service

The University's chaplaincy team provide free pastoral support for students and staff, irrespective of religion and belief. You do not have to be of religious faith to seek support from the chaplaincy. They provide a safe, confidential space to discuss concerns, alongside signposting advice and guidance. If needed the chaplain can put you into contact with someone of your faith.

- Chaplain: Dr Gill Smart
- Email: chaplain@bolton.ac.uk
- Telephone/Text: 07967585670
- Call in person: Chaplaincy, Chancellors Building, the bottom of Eagle Tower - Tuesdays, Thursdays and Fridays 10:00am- 1:00pm.

Dignity at Study

The University of Bolton is firmly committed to fostering an environment of equality, respect, and inclusivity for all students. We firmly believe that every member of our community deserves to be treated with dignity and respect. The University has a zero-tolerance approach towards harassment, bullying, discrimination, victimisation, and sexual misconduct in any form.

If you have experienced any incidents of bullying, harassment, discrimination, victimisation and/or sexual misconduct, by a member of the university community, we would encourage you to report this to the University's Dignity at Study Champions, via the Dignity at Study Reporting form.

If you have experienced any unwanted behaviours from others outside of the University community, you can find out more information about the support available to you, including external services and resources via our Student Safety webpage.

In the case of an emergency, If you or someone you know is at immediate risk of harm please contact the police on 999. For non-urgent concerns please contact 101.

Togetherall

The service provides 24/7 online peer and professional support, with trained counsellors. Togetherall provides a safe space online to get things off your chest, explore your feelings and learn how to improve and self-manage your mental health and wellbeing. Togetherall is totally anonymous, so no one will know you've chosen to use it unless you tell them. Join with your University email address - It takes 5 minutes and you have immediate access to support.

- Website: Togetherall

NHS Help Guides

The University has a range of online NHS self-help guides available to students and staff, covering a number of topics including anxiety, stress, depression and domestic abuse. These are free to access at any time via the link below:

- University of Greater Manchester: Self Help Leaflets

Students' Union

The Students' Union (SU) is run by students and represents all University of Greater Manchester students. The SU has an elected President and is independent of the University to ensure student's interests are recognised and voiced. The Students' Union provides support, advice and guidance on a range of topics including academic matters, health and welfare, student voice and community-based events and activities to support your general wellbeing. The Students' Union is also a hate crime reporting centre to which a trained advisor is available to support students who have directly experienced or witnessed hate crime.

You can find out more information about what support is available at the Students' Union via the contact details below:

- Website: Bolton Students' Union
- Telephone: 01204 900850

- Email: info@boltonsu.com
- Call in person: The Students Union, Chancellors Building, Chancellors Mall

Sports and Wellbeing Centre

The University's Sports and Wellness Centre offers a range of social sport activities, fitness classes and a 50ft climbing wall with many sessions free for University of Greater Manchester students. There is also an opportunity to apply for a free gym membership.
If you are a little more serious about your sport and fancy having the opportunity to compete for the university in competitive leagues this can be done by joining a club at the University Sports Centre Reception.

Whether you want to compete, engage in sport for fun, or make new friends, the Sports and Wellness Centre offer these opportunities to all.

You can contact the Sports and Wellness team via the details below:

- Website: Sport and Wellness
- Telephone: 01204 903172
- Email: sportscentre@bolton.ac.uk
- Call in person: University of Bolton Sports Centre, Bolton One, Moor Lane, Bolton, BL3 5BN

CONTINUE - Key Take Aways

Key Take Aways

This tutorial explored the foundations of healthy relationships and the skills needed to build and maintain them. Whether with friends, family, or partners, positive relationships are built on understanding, communication, and respect. Here are the key points to remember:

1. Healthy relationships are based on mutual respect, trust, and open communication

2. Maintaining a relationship takes effort, understanding, and self-awareness
3. Good communication involves listening actively and expressing yourself clearly
4. Trust is built over time through honesty, reliability, and consistency
5. Setting and respecting boundaries helps protect your wellbeing and fosters mutual respect
6. Appreciating differences in values, beliefs, and backgrounds strengthens relationships

Support is always available - it's completely okay to ask for support when you're navigating tough relationship challenges.

CONTINUE - References

References

Access Technology. (n.d.) *What Does a Healthy Online Relationship Look Like?* [Online] Available from: https://accesstechnology.co.uk/blog/what-does-a-healthy-online-relationship look-like. [Accessed 10 April 2025).

Bion, W.R. (1961) *Experiences in Groups, and other papers*. New York: Basic Books.

Copley, L. (2025) *How to (Re-) Build Trust in a Relationship.* [Online] Available from: https://positivepsychology.com/build-trust/#:~:text=Empathy%20is%20central%20to%20establishing%20genuine%20trust.,It%20also%20shows%20your%20own%20emotional%20intelligence. [Accessed 10 April 2025].

Hope Therapy and Counselling Services. (2023) *The Importance of Communication in Relationships*. [Online] Available from: https://www.counselling-directory.org.uk/articles/the-importance-of-communication-in-relationships. [Accessed 10 April 2025].

Khorrami, N. (2020) *Gratitude: Self Care and Gratitude: How They Go Hand in Hand*. [Online] Available from: https://www.psychologytoday.com/us/blog/comfort-of-gratitude/202010/self-care-and-gratitude-how-they-go-hand-in-hand. [Accessed 10 April 2025].

Leenknecht, M.J.M., Snijders, I., Wijnia, L., Rikers, R.M.J.P. and Loyens, S.M.M. (2020) Building Relationships in Higher education to support Students' Motivations. *Teaching in Higher Education, Critical Perspectives*, [Online] 28(3), pp. 632-653. Available from: https://doi-org.ezproxy.bolton.ac.uk/10.1080/13562517.2020.1839748. [Accessed 11 April 2025].

Mental Health Foundation. (2025) *Top Tips on Building and Maintaining Healthy Relationships* [Online] Available from: https://www.mentalhealth.org.uk/our-work/public-engagement/healthy-relationships/top-tips-building-and-maintaining-healthy-relationships [Accessed 10 April 2025].

Mind. (2023a) *Nature and Mental Health*. [Online] Available from: https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/nature-and-mental-health#:~:text=Research%20has%20shown%20that%20people,including%20lower%20depression%20and%20anxiety. [Accessed 10 April 2025].

Mind. (2023b) *How are Physical Health and Mental Health Connected?* [Online] Available from: https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-exercise-and-mental-health/how-are-physical-activity-and-mental-health-connected/#:~:text=out%20of%20breath.-,How%20can%20physical%20activity%20help%20my%20mental%20health?,conditions%2C%20such%20as%20heart%20disease. [Accessed 10 April 2025].

NHS. (2025) *Maintaining Healthy Relationships and Mental Wellbeing*. [Online] Available from: https://www.nhs.uk/every-mind-matters/lifes-challenges/maintaining-healthy-relationships-and-mental-wellbeing/#communication. [Accessed 10 April 2025].

Papyrus. (2025) *Harnessing the Power of Positive Self-Talk*. [Online] Available from: https://www.papyrus-uk.org/positive-self-talk. [Accessed 10 April 2025].

Psych Central. (2024) *Understanding How Low Self-Esteem May Impact your Relationship* [Online] Available from: https://psychcentral.com/relationships/self-esteem-makes-successful-relationships.[Accessed 10 April 2025].

Refuge. (2025) *Signs of Domestic Abuse*. [Online] Available from: https://refuge.org.uk/i-need-help-now/how-to-identify-abuse/.[Accessed 10 April 2025].

Redi, S. (2025) *Setting Healthy Boundaries in Relationships.* [Online] Available from: https://www.helpguide.org/relationships/social-connection/setting-healthy-boundaries-in-relationships. [Accessed 10 April 2025].

Relate. (2025) *Celebrating Difference: Working with Inter-Cultural Relationships.* [Online] Available from: https://www.relate.org.uk/get-help/celebrating-difference-working-inter-cultural-relationships. [Accessed 10 April 2025].

Robinson, L., Segal, J., and Smith, M. (2025) *Effective Communication: Improving your Interpersonal Skills.* [Online] Available from: https://www.helpguide.org/relationships/communication/effective-communication. [Accessed 10 April 2025].

The Quality Assurance Agency for Higher Education. (2024) *Belonging and Building Pedagogical Relationships: Keys to Enhancing Learning and Teaching Quality*. [Online] Available from: https://www.qaa.ac.uk/news-events/blog/belonging-and-building-pedagogical-relationships-keys-to-enhancing-learning-and-teaching-quality. [Accessed 10 April 2025].

Very Well Mind. (2025) *Strengthening Relationships*. [Online] Available from: https://www.verywellmind.com/strengthening-relationships-4162997. [Accessed 10 April 2025].

Women's Aid. (2025) *I'm Not Sure if My Relationship is Healthy*. [Online] Available from: https://www.womensaid.org.uk/information-support/the-survivors-handbook/im-not-sure-if-my-relationship-is-healthy/. [Accessed 10 April 2025].