

Keeping **YOU**th Connected

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Learning About Healthy Relationships

HEALTHY RELATIONSHIPS

A first relationship can be exciting, however, sometimes that can mean disappointment, broken hearts, and even abuse. Learning about healthy relationships is a good step to prepare you. It's never too early or too late to talk about it! You can learn more at: www.thehotline.org

FREEDOM TO BE YOURSELF

You should always feel comfortable in expressing who you are. Like spending time with people you like, dressing in ways that you choose, and participating in activities that make you happy.

MUTUAL RESPECT

Both people in the relationship should speak to each other respectfully and avoid put-downs, even in the heat of a disagreement.

LIMITED JEALOUSY

Jealousy can sometimes be mistaken for caring. A good partner doesn't make their other partner feel guilty for spending time with family or friends instead of them.

SUPPORT

A healthy relationship is supporting each other by offering a listening ear and encouraging the other's ideas and aspirations.

PRIVACY

While sharing can be a good thing, being in a relationship does not require a person to open up every aspect of their life. Partners are still allowed their privacy, which means they don't have to share their passwords or their call and text history.

BOUNDARIES

Setting boundaries is an important part of any relationship. You should discuss how often you want to see each other and not feel pushed into physical activity.

COMMUNICATION

Trust and honesty are key to a healthy relationship. You should be able to talk about feelings openly without fearing negative reactions.

SAFETY

Physical and emotional abuse is not okay in any relationship. Abuse is used to try and control the relationship and the other person. If this is happening to you, remember that the abuse is not your fault, and asking for help is nothing to be ashamed of.

For more information about dating abuse visit:

<https://www.breakthecycle.org/learn-about-dating-abuse>

Never Forget **YOU**th Matter!

Priscilla's Corner

I have always thought that music was amazing. I grew up listening to the 60's and classic country music. My dad and my brothers were musicians and they influenced what I listened to. Since then I have listened and enjoy many different types of music, like spiritual songs, and even classical music.

In lots of ways it has shaped who I am and how I see the world. I can play certain music to help me with sadness, with pain, to feel joy, to feel strong. As a young person, I listened to music that was about my world at the time.

Songs can be helpful to speak to who we are, we might find a song that helps us to feel strong or to help us through difficult times. Maybe you already have that song or maybe you might decide to look for a song or songs that you can listen to when you feel down or sad. These songs would help you stay strong in difficult times. I hope that you might choose to find that song (s) and play them over and over to help you bring your strength and beauty out. Find your *sohkisiwin* (inner strength). I know it's there!

Here's some examples of songs that you might enjoy...

- My Fight Song:
<https://www.youtube.com/watch?v=xo1Vlnw-SKc>
- This is Me:
https://www.youtube.com/watch?v=5_WzSbi8aR8
- Roar:
<https://www.youtube.com/watch?v=CevxZvSjLk8>
- Beautiful:
<https://www.youtube.com/watch?v=eAfyFTzZDMM>

Ekosi Maka, Ay Hiy.

Someone is always here for you!

AHS Mental Health Line: 1-877-303-2642

KTC Counselling Services: Contact Health Centre

First Nations Inuit Hope for Wellness: 1-855-242-3310 (24 hours)



NEED TO TALK? SUPPORT IS AVAILABLE!
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Activities for Youth



Î-miyo kîsikâk Nice day

CHALLENGE OF THE WEEK

Organize clutter in your personal space

Sometimes the piles keep piling up, and before we know it, we are living among a cluttered space. Decluttering of a messy space gives your brain a decluttering boost too! It gives you a sensation of mental clarity when your space is organized and free of clutter, which can be especially rewarding in the space that you sleep. Give your personal space and shared space a brief scan - is there some decluttering that can be done, or can something be organized or sorted better?

Inspirational Sticky Notes

Start off someone's day on a positive note!

Starting your day off in the right frame of mind can be the difference between having a great day and a not-so-good day. We all need to be reminded sometimes. You can write positive messages on sticky notes for yourself, your family, your friends, and even strangers - make someone smile by placing a sticky note on a bathroom mirror or on the fridge or somewhere you know they will see first thing in the morning to help them start their day off on a positive note.

Get a pack of sticky notes and write some positive messages of inspiration or affirmations on them. You can even doodle a picture to go along with the message. Here are some ideas to get you started:

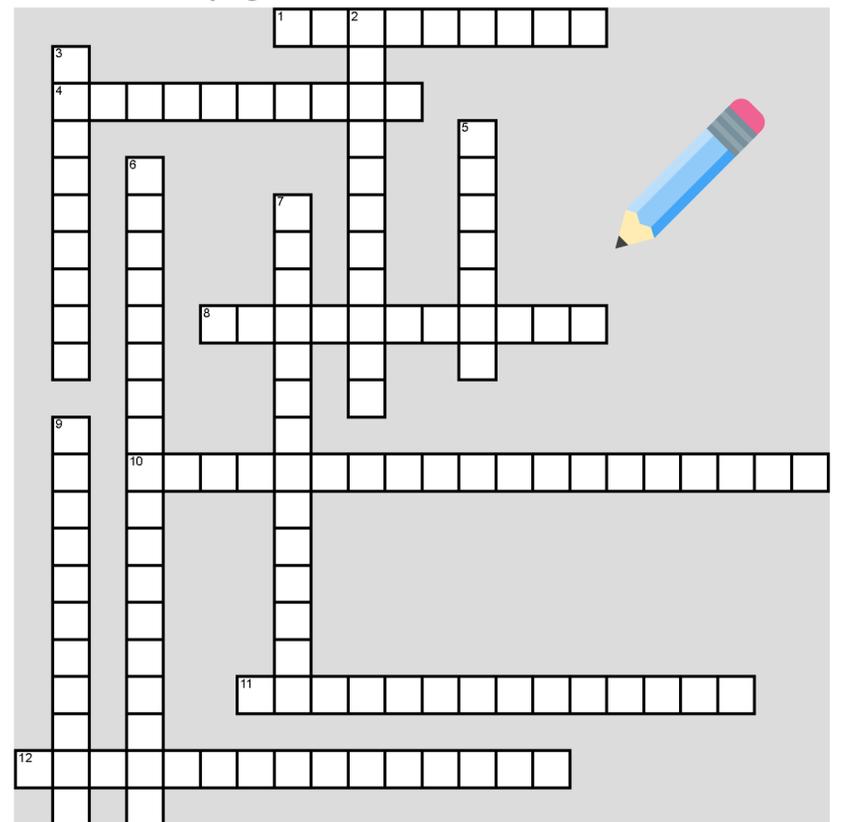
- "Remember to take time for yourself today"
- "Be who you are"
- "Know you are worth it"
- "Don't forget to laugh today"
- "Be patient with yourself"
- "Be fierce - Be Strong"
- "You are loved"
- "You got this"



The Cree Words of the Week Crossword Puzzle

Hint: all the Cree words can be found in the past Keeping YOUth Connected Newsletters.

GAME OF THE WEEK



Across

- 1 Keep on (1 Cree word)
- 4 Who are you? (2 Cree words)
- 8 Rainbow (1 Cree word)
- 10 Where is my jacket? (2 Cree words)
- 11 Tell me a story (1 Cree word)
- 12 Phone me (1 Cree word)

Down

- 2 Don't give up (2 Cree words)
- 3 Camping (1 Cree word)
- 5 Campfire (1 Cree word)
- 6 I love you my mother (2 Cree words)
- 7 Hello my mother (2 Cree words)
- 9 I am happy (1 Cree Word)



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