How to identify good and bad relationships

**Good**

Love, respect, care, happiness, equality.

**Bad**

Disrespect, power, control, violence, inequality.

If you would like to talk to someone about the Respect Now Program, call The Crisis Centre on 328.0922 or 322.4999

The Crisis Centre offers free counselling to men, women, teenagers and children who are experiencing any form of abuse or family violence.

Respect Now!

The Crisis Centre
24-Hour Hotline 328-0922
PO Box EE- 17910
Nassau, Bahamas
bahamas.crisiscentre@yahoo.com
www.bahamas.crisiscentre.org
What is Respect Now?

Respect Now is a program especially developed to help YOU!

Teenage years can be challenging. It is that period of your life where you are between childhood and adulthood. You graduate from Primary School and enter into Junior High School and later into Senior High School and in the home you are expected to behave in a more adult way, helping with chores and keeping an eye on your younger brothers and sisters.

You may sometimes feel pressured by your friends to engage in inappropriate behavior, such as taking drugs, joining gangs or bullying other children.

This program has been developed to help you identify the problems with which you may be faced and how to deal with them.

How can Respect Now help you?

Respect Now can help you:

- make sensible decisions in developing healthy relationships
- find ways to avoid getting into violent or abusive situations
- teach you how to deal with being bullied or being a bully
- help you identify your feelings such as anger and how to deal with them
- teach you how to use social media and the Internet safely
- guide you to getting help and support when you need it
- teach you to communicate respectfully to both adults and your peers

Tips to keep safe

- Do not get involved in gangs and fights
- Always treat your family, neighbors and friends with respect
- If you feel a friendship or relationship is doing you harm or making you unhappy, talk to an adult or someone you trust about it
- Be careful when you are on the Internet, particularly if you are on social media sites. Never post unkind messages about anyone or inappropriate photos of yourself. If someone posts unkind comments about you on the Internet, report it to an adult.