August 2025 EDITION

TOTAL TOPICS

TOTAL TRAINING PROVISION

TOPIC OF THE MONTH

Healthy Relationships

Healthy Relationships
What are they?

Relationships are one of the most important aspects of our lives. People who are more socially connected to family, friends, or their community are happier, physically healthier, and live longer, with fewer mental health problems than people who are less well connected.
It's not just the number of friends you have, and it's not whether or not you're in a committed relationship, but it's the quality of your close relationships that matters. Living in conflict or within a toxic relationship is more damaging than being alone.

- **The percentage of adults in the UK reporting very high levels of life satisfaction decreased in the latest quarter (Quarter 4, October to December 2022) to 23.3%, compared with 25.2% in the same quarter last year (Quarter 4 2021); while adults reporting very high levels of feeling things they do in life are worthwhile (32.1%), and happiness (29.4%) and very low levels of anxiety (33.8%) remained similar between Quarter 4 2022 and Quarter 4 2021.**
- **Over 5,000 Britons participated in the research The Way We Are Now. When asked about what matters in a good relationship, their top three picks were trust (67%), communication (52%), and commitment (37%).**

UK Statistics

Overall relationship happiness:
86% of people living with a partner report being happy in their relationship

Emotional connection and mutual support:
73% of people feel that they can be their authentic self with their partner.

Shared activities and routines:
Weekly shared activities boost happiness by 60%, and shared goals by 30%, Doing household chores together linked to 50% higher satisfaction

Destressed relationships:
Among parents with children under 16, 22% are in distressed relationships, 49% argue occasionally; 6.8% experience severe conflict

Lifetime exposure estimates: 1 in 3–4 women and 1 in 6–7 men have experienced domestic abuse

For support with relationships, follow the link to Relate, who offer support for everyone with relationships

Relate

Healthy Relationships

Health & Wellbeing

Healthy relationships, encompassing connections with family, friends, romantic relationships and even the broader communities are fundamental for health and wellbeing. Positive impacts from healthy relationships can reduce stress, lower anxiety and depression and increase self-esteem through emotional support. Improving mental health and wellbeing through healthy relationships can also lead to improved physical health including a strong immune system. Wellbeing can be improved by creating a sense of belonging and connection thus increasing happiness and contentment.

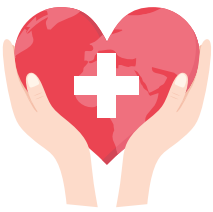
Physical Health

- Supportive relationships buffer stress by reducing cortisol levels (the stress hormone).
- Chronically high cortisol is linked to high blood pressure, heart disease, and inflammation.
- A healthy relationship is not just good for the heart emotionally—it's good for the heart physically. Mutual support, emotional intimacy, and positive communication create a protective effect on nearly every system in the body.

Health & Wellbeing

Lower rates of depression and anxiety:

- People in healthy relationships are 79% less likely to experience depression.
- Secure attachment and open communication protect against psychological distress.
- More likely to eat well, exercise, sleep properly, and attend medical appointments.
- Less likely to smoke, binge drink, or misuse substances.



Healthy Relationships

EDI & British Values

Healthy relationships are respectful, safe, and supportive connections between individuals—whether in friendships, families, workplaces, or romantic settings.

Democracy: Encouraging open dialogue, shared decision-making, and listening to all voices.

Rule of Law: Understanding rights and responsibilities; promoting lawful behaviour (e.g., consent).

Individual Liberty: Respecting personal choices, identity, and autonomy in relationships.

Mutual Respect: Treating others as equals; resolving disagreements without abuse.

Tolerance: Valuing diversity (race, religion, sexuality) in personal and professional relationships.

- Over 70% of apprentices say they value workplaces that are inclusive and respectful.
- OFSTED and the Department for Education now require all education providers to actively promote British Values through SMSC (Spiritual, Moral, Social, and Cultural development).

Equality: **All individuals are treated fairly—no one is controlled, dismissed, or silenced.**

Diversity: **Relationships respect different identities, cultures, and perspectives.**

Inclusion: **Everyone feels safe, valued, and empowered to be themselves in any setting.**

In the workplace it's important to show the following behaviours,

- **Using inclusive language and avoiding stereotypes.**
- **Respecting cultural or religious practices of co-workers.**
- **Ensuring no one is left out of team activities because of disability, race, or gender.**

Within personal relationships, these behaviours will support healthy relationships,

- **Respecting gender identity and sexual orientation.**
- **Acknowledging different communication or emotional styles.**
- **Making space for your partner or friend's needs, especially if they live with a disability or mental health condition.**

To create a suitable learning environment everyone should display the the following,

- **Listening actively to classmates from different backgrounds.**
- **Discussing opinions respectfully even when you disagree.**
- **Calling out inappropriate jokes or discrimination.**

Healthy Relationships

Safeguarding & Prevent

Safeguarding is about protecting individuals from harm, abuse, exploitation, or neglect—especially vulnerable children and adults.

Find out more about safeguarding at TTP here and how you can report a concern.

Healthy relationships are a vital part of safeguarding and keeping yourself and others safe. When a relationship is based on trust, respect, and clear boundaries, it becomes easier to spot when something isn't right.
In healthy relationships, people feel safe, listened to, and valued. This reduces the risk of harm such as emotional, physical, or sexual abuse. It also gives individuals the confidence to speak up if they're worried about someone's behaviour—towards themselves or others.
Strong, respectful relationships also help build self-esteem and resilience. This makes it easier to set personal boundaries and avoid situations where someone may feel pressured or unsafe.
Whether it's a friendship, romantic relationship, or professional one, recognising what a healthy relationship looks like is key. It helps prevent harm and supports a culture where everyone feels safe and empowered.
Safeguarding isn't just about protection—it's about promoting well-being through positive, supportive connections.

Digital

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Healthy relationships promote respect and boundaries online, helping prevent manipulation, pressure, and abuse

Healthy relationships are just as important online as they are in real life. Respect, trust, and clear boundaries form the foundation of both — and play a big role in keeping you safe in the digital world. In a healthy digital relationship, people respect your privacy, ask for consent before sharing photos or personal details, and don't pressure you into sending messages or content you're uncomfortable with. If someone constantly checks your online activity, demands passwords, or sends unwanted messages, that's a red flag.
Knowing what a healthy relationship looks like helps you recognise unsafe behaviour — like online manipulation, harassment, or control — and take steps to protect yourself. It also encourages open communication if you ever need support or want to report something.
Digital safety starts with respectful connections. Whether you're chatting, posting, or sharing online, remember: you have the right to feel safe, respected, and in control of your digital space.

July 2025

M	T	W	T	F	S	S
World Cancer Support Month Edinburgh Festival 1st - 24th						
				1 Yorkshire Day World Breastfeeding week	2	3
4	5	6	7	8	9 Raksha Bandhan	10
11	12 World Elephant Day	13	14	15	16	17
18	19 World Humanitarian Day	20	21 Observances for victims of terrorism	22	23 Remembrance of the slave trade & abolition	24
25 Bank Holiday	26	27	28	29 International Day of Victims of Enforced Disappearances	30	31