



"Keep this going.

"Mutual buoyancy." "Help someone float today!"







All young people need healthy relationships with family, friends, and other important people in their lives, such as teachers and coaches. Strong, positive connections to other people help them learn and grow.





Our Kids Network asked a group of grade 7 and 8 students to talk about relationships.



Poster developed by grade 7 and 8 students from Eastview Public School, Oakville.

All quotations included in the Relationships Help us Sink or Swim poster are as stated by the students, no coaching or editing has taken place.

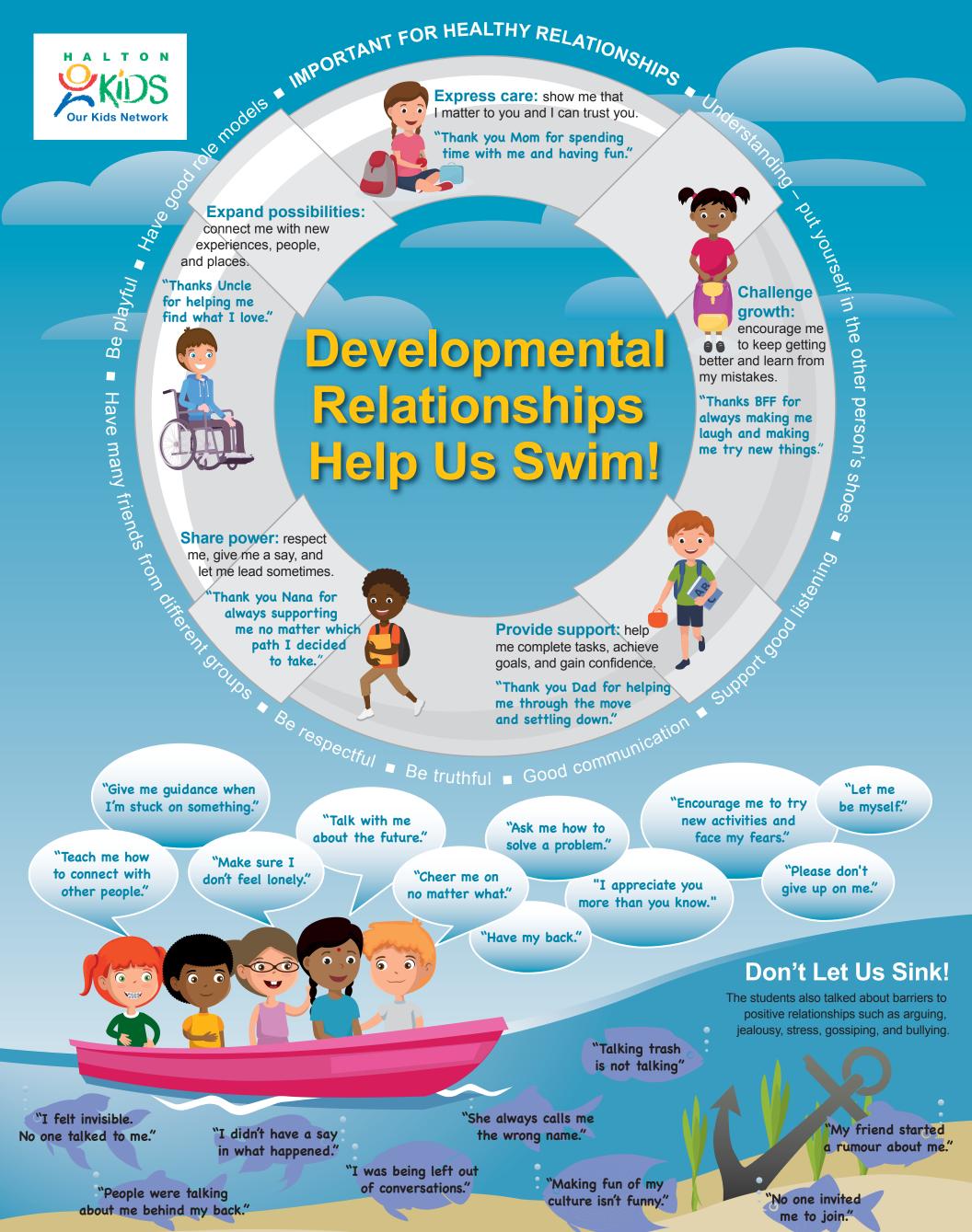
Developmental Relationships were created by the Search Institute®

Generous funding provided for Our Kids Network Asset-Building Initiative by





In our discussions, the students learned about Developmental Relationships and the 5 dimensions that help relationships become strong and healthy.



What Can You Do?

Asset-Building

The toolkit contains a broad variety of resources and has been designed to support all professionals, regardless of stage or level of asset-building.

■ www.ourkidsnetwork.ca/Asset-Building

Watch Our Video!

After they had learned about Developmental Relationships the students talked about how relationships with family, friends and peers make a difference in their lives. They then went on to create a video with the support of adult allies called Relationships Help Us Sink or Swim – How Will you Help Us?

■ www.ourkidsnetwork.ca/Relationships-Matter

Learn More About Relationships

Strong relationships play an important role in bullying prevention, positive mental health and well-being, youth engagement, social emotional learning, and many other risk and protective factors.

- www.ourkidsnetwork.ca/building-relationships
- www.search-institute.org
- www.parentfurther.com