

# Top Tips

## Healthy relationships with our peers

For young people, created by young people



Written by MHF Young Leaders,  
designed by an MHF intern

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# Be kind and respectful to everyone

Being kind and respectful to others can be shown in many ways and help you build closer connections with those around you.

**Remember to respect each other's differences with your words and actions in a non-judgmental way.**



Take a moment to think about how you can show kindness to your peers. Choose one act of kindness to show each day. This could be opening a door for something or saying thank you.



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# Be kind and respectful to everyone

Scan or click the QR codes for tips and activities to try:



Read **advice from young people on friendship.**



Check out ideas on different **acts of kindness** you can show.



# Communicate clearly and honestly

By having clear and honest conversations with your peers, you can learn the best ways to support each other.

**Find a way that feels safe to you, whether this is face-to-face, over the phone, or in writing. Others will have their safe ways of communicating, which may be different to yours. So, finding a common space where you both feel safe to have a conversation is important.**



It can feel difficult to know how to start a conversation. Sometimes knowing how you will start the conversation can make you feel more confident. Write starter sentences on how you could open up a conversation with a peer.

# Communicate clearly and honestly

Scan or click the QR codes for tips and activities to try:



Read **tips** about **how to open up to family and friends.**



Read about **setting boundaries in a relationship.**



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# Be a good listener

Listening is an important skill in any relationship, where you can learn and connect with others.

**Being a good listener is focusing your attention on the other person, switching off from distractions such as phones, TVs, or other people.**



Practising being in the moment is one way to improve your active listening skills. Find somewhere comfortable to take a moment to pause and listen. What sounds can you hear around you?

# Be a good listener

Scan or click the QR codes for tips and activities to try:



Find out how to become  
**a better active listener.**



Read about how you can  
**support a friend with their  
mental health.**



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# Be someone others can trust

Trust is an important basis for all healthy relationships, even your relationship with yourself. Trust can be shown through your actions and words.

**Be the person others can turn to, feeling safe and knowing you will be there.**



What does being a good friend mean to you? Write down your ideas of how you can show someone you are a good friend.



# Be someone others can trust

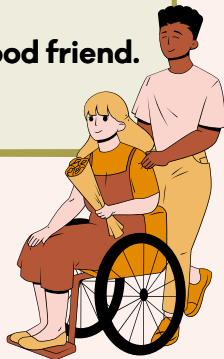
Scan or click the QR codes for tips and activities to try:



Read **tips on what makes a good friend.**



Read **tips for listening to a friend in need.**



# Set time aside to connect with others

Building good relationships with others can take time.

**It's important to plan time to connect with those you care about. The amount of time and what you do will look different for each relationship.**



Spend some one-on-one time with a peer this week, free from distractions.

# Set time aside to connect with others

Scan or click the QR codes for tips and activities to try:



Read tips on **improving the wellbeing of your relationships.**



Listen to a **podcast** on healthy relationships and friendship.



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# Have fun

Find moments to have fun with those around you.

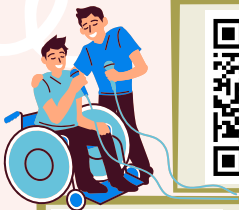
**Whether this is a spur-of-the-moment activity or something you plan, enjoying shared activities and having a giggle with others can be a boost to your wellbeing.**



It is important that activities are fun and enjoyable for all involved. Think about activities you like to do and suggest them to others. Be open to other suggestions or changes to your suggestions.

# Have fun

Scan or click the QR codes for tips and activities to try:



Read about how **spending time with friends** is good for your **wellbeing**.



Listen to how **kindness to others** can improve wellbeing.



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# Be open to new experiences

Sometimes you may not feel you want to try something new or get involved. Keeping an open mind means being willing to explore something, even if it places you outside your comfort zone. This could be embracing cultural differences, appreciating a different point of view, trying out a new activity, or visiting somewhere new.



Next time you experience something new, whether it's a different cultural tradition or a different point of view, spend some time learning more about it. This may mean listening or watching in the moment, asking questions respectfully, or spending time after reading up about the topic.



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# Be open to new experiences

Scan or click the QR codes for tips and activities to try:



Read tips on  
**embracing difference.**



Read tips on  
**building a new friendship.**

