



YScreen is the emotional health screen offered to all 9th grade students at the high schools in Fond du Lac County to identify risk factors for depression, anxiety and suicide.

November 2018

Relationships and Your Mental Health

Relationships can have a major impact on a person's mental health and well-being. Because relationships are so important in providing youth with a sense of purpose and belonging, teaching youth how to foster healthy relationships is essential. It's important to explain quality over quantity and that while there are benefits to having a large number of friends, the strongest benefits come from having a supportive friend. Check out the boxes below and talk with the youth in your life about what healthy and unhealthy relationships look like.

5 Signs of a Healthy Relationship:

1. Physical boundaries are respected
2. Honesty & trust are present
3. Good communication where both people are heard equally
4. You have fun together
5. You are accepted for who you are and don't feel you need to change

5 Signs of an Unhealthy Relationship:

1. Relationship violence
2. Dishonesty
3. Manipulation (i.e. mind games, convincing a partner to ignore their wants/desires, and using guilt)
4. Constant fighting
5. Isolation from loved ones or friends

Click the link below to take a short quiz and find out if your relationship is healthy or not!
<https://www.loveisrespect.org/for-someone-else/is-my-relationship-healthy-quiz/>

YScreen is an emotional health screen that can assist in identifying areas of concern and help reduce some of the stress that comes along with relationships. YScreen is available to teens in Fond du Lac County. If you would like to request screening for your child or would like more information about YScreen, please contact us at **(920) 906-6700 ext. 4714**.

The Fond du Lac Area YScreen Program is administered through Fond du Lac School District with guidance from the YScreen Advisory Board. The Fond du Lac Area YScreen program is proud to be supported in part by the Fond du Lac Area United Way, Agnesian HealthCare and the Wisconsin Partnership Program through the UW School of Medicine and Public Health.