



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.

February 2020 Healthy Relationships

Relationships are a necessary part of life though none are perfect. While they often provide stress relief and support, they do take work. Most relationships are a combination of healthy and unhealthy aspects, which can be applied to all types of relationships to include: romantic, family, work, and friendships. When the unhealthy aspects overrule the healthy during daily interactions within the relationship, someone may want to start an open dialogue between them and that individual. *Listed below are some things to discuss with youth to educate them on the differences between healthy and unhealthy relationships:*

While in a healthy relationship you:

- Trust each other and are honest with each other
- Have option of privacy
- Have activities apart from one another
- Maintain relationships with friends and family
- Take good care of yourself, have good self-esteem independent of your relationship
- Able to feel secure and comfortable
- Resolve conflict fairly

While in an unhealthy relationship you:

- Put one person before the other, neglecting yourself or your partner
- Feel pressure to change who you are
- Feel worried when you disagree with the individual
- Have a lack of privacy, or possibly forced to share everything with the other person
- Notice one of you has to justify your action (ex: where you go or how you dressed)
- Have no common friends or have a lack of respect for each other's friends and/or family

YScreen staff can help identify symptoms of stress in teens related to unhealthy relationships and connect them and their families to the appropriate community resources that can address these concerns. 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) 906-6571**.

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 Agnesian HealthCare, a member of SSM Health and Fond du Lac Area United Way.