



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 2017 Promoting Healthy Relationships

Have you talked to your child about what a healthy relationship looks like and the importance to feel emotionally healthy about yourself? Healthy relationships are when two people develop some sort of connection based on mutual respect, trust, honesty, support, fairness/equality, good communication and a sense of playfulness. All of these things take work to maintain so it is likely every relationship has a combination of healthy and unhealthy characteristics. YScreen can help your ninth grader identify stressors that prevent them from staying happy and healthy.

Signs of a Healthy Relationship

- Take care of yourself; good self-esteem
- Maintain relationships with friends and family
- Feel secure and comfortable
- Take interest in one another's activities
- Allow and encourage other relationships
- Have the option of privacy

Signs of an Unhealthy Relationship

- Feel pressure to change who you are
- Worried when you disagree with the other person
- Feel pressure to quit activities
- Notice one of you has to justify your actions
- Lack of privacy
- Arguments are not settled fairly
- Controlling/manipulative behavior
- Have no common friend

You can visit the following website for additional information on healthy relationships:
<http://depts.washington.edu/hhpccweb/health-resource/healthy-vs-unhealthy-relationships/>

YScreen staff help connect teens and their families to the appropriate community resources that can address these concerns and help them cope with their stress. 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, 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.