

1	Self-esteem	Describes a person's overall sense of self-worth or personal value.	8	Consent	Give permission for something to happen
2	Strategies to support self-esteem	Be kind to yourself. Look after yourself. Focus on the positives. Spend time with people. Learn to assert yourself. Do things you enjoy. Act confident when you don't feel it. Try something new.	9	Aggressive	To dominate often in disregard of others' rights or in determined and energetic pursuit of one's ends.
3	Relationship	The way in which two people, groups, or countries behave toward each other or deal with each other	10	Passive	If you describe someone as passive, you mean that they do not take action but instead let things happen to them. [
4	Romantic relationship	A personal connection between individuals that involves feelings of love, affection, and intimacy.	11	Emotions	A strong feeling deriving from a person's circumstances, mood, or relationships with others.
5	Positive relationships	You respect each other. You trust one another. You communicate well as a couple. You're both committed to the relationship. You're kind to each other. You enjoy each other's company. You support each other's goals. You make decisions together.	12	Feelings	How we experience our emotions and give meaning to them. They are different for everyone. For example, you might associate your hands shaking with feeling anxious.
6	Negative relationships	Unhealthy relationships are built on power and control. In the beginning, unhealthy behaviours might not seem like a big deal. However, insults, jealous accusations, yelling, put-downs, shoving, pushing or other abusive behaviours, are unhealthy and disrespectful.	13	Assertive	Being assertive means communicating with others in a direct and honest manner without intentionally hurting anyone's feelings.
7	Assertive	Having or showing a confident and forceful personality.	14	Self confidence	Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life.

