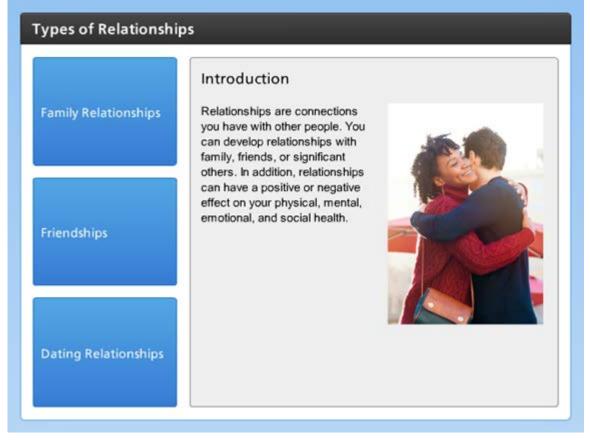
Introduction



Relationships are connections you have with other people. You can develop relationships with family, friends, or significant others. In addition, relationships can have a positive or negative effect on your physical, mental, emotional, and social health.



Family Relationships

	Family Relationships
Family Relationships	
Friendships	Family relationships involve your immediate family, like parents and siblings. They also include extended family, like grandparents, aunts, uncles, and cousins. Family
Dating Relationships	relationships contribute to your mental and emotional health because these people in your life can provide you with love, care, and encouragement. In addition, family members are supposed to contribute to your health and wellness by giving you with support, a sense of belonging, safety, and basic needs like shelter and food.

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Friendships

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Friendships	Friendships are relationships between two people that are based on caring, trust, and consideration. Good friends often share similar interest and values. Furthermore, friendships can be
Dating Relationships	emotional, and when emotions come into play, they can impact your social health and decision making. People tend to want peer approval, so sometimes may make rash decisions based on emotions, before thinking through an action.

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Dating Relationships

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Family Relationships	While dating relationships are similar to friendships, they frequently are more intimate as couples spend increased time together, and have special	C
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