

RELATIONSHIPS

Reproducible

HEALTHY RELATIONSHIPS ARE ABOUT



RESPECT » Valuing a person for who s/he is.

BEING RELIABLE » Following through when someone says they will do something and/or when they make plans with a person.

HONESTY » Being truthful and meaning what is said to a person.

SHARING » Being open to sharing how you feel about things you like and dislike; while also being open to hearing about how someone else feels.

INDEPENDENCE » Giving people personal space and understanding that people need different amounts of time for themselves.

BEING CONSIDERATE » Being careful not to do something that would hurt or offend someone.

TRUST » In a healthy relationship, GFs and/or BF's can rely on each other and know they will not share each other's private information or say anything that would embarrass each other. (The exception here is if a friend shares information that indicates they are in trouble and need help — such as abuse, emotional distress, addiction, etc. This type of information should be shared with a safe adult).

HEALTHY NEGOTIATING » When people disagree, each person shares their side and together they come to a decision that they are both comfortable with.

INTIMACY » Getting close to someone by sharing personal experiences, being affectionate and spending time together.

LISTENING » Spending time and paying attention to a person when they want to talk.

HAVING FUN » Laughing and enjoying hanging out with a person.

List 3 more examples of signs of a healthy relationship.

*List 3 examples for each: What does a healthy relationship **look** like? **sound** like? **feel** like?*



UNHEALTHY RELATIONSHIPS ARE ABOUT



JEALOUSY » When someone resents you (holds a grudge) for spending time with other people.

CLINGINESS » When someone is desperate to be with you all the time and does not provide you any personal space.

RAGE » When someone screams or blows up at you.

EXCESSIVE ARGUING » When two people are constantly fighting.

DISREGARDING FEELINGS » When someone doesn't consider your feelings and doesn't seem to care when you are upset.

BLAME » When someone doesn't take responsibility for their behaviour and shifts the blame onto you.

THREATS » When someone intimidates and controls you to try to get you to do something that you do not want to do.

PERSISTENCE » When someone won't take "NO" for an answer and keeps bugging you to do something.

PITY » When someone tries to get you to feel sorry for them to get their own way.

GUILT » When someone makes you feel badly for saying "NO" or not agreeing to do something.

KEEPING SCORE » When a person keeps track of favours they have done for you expecting equal favours in return.

PHYSICAL VIOLENCE » When someone physically hurts you.

SEXUAL EXPLOITATION » When someone uses you sexually for their own benefit.

List 3 more examples of signs of an unhealthy relationship.

*List 3 examples for each: What does an unhealthy relationship **look** like? **sound** like? **feel** like?*

