

# 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 BFs 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.

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*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?*

