

# What makes a relationship healthy?

Name: \_\_\_\_\_

Class: \_\_\_\_\_

## 1. Warm up

A good friend is someone who...

\_\_\_\_\_

\_\_\_\_\_

One thing that makes me uncomfortable in a relationship is...

\_\_\_\_\_

\_\_\_\_\_

## 2. The relationship spectrum

Relationships sit on a spectrum, and they can move along it over time. These signs apply to friends, family and partners.

### Healthy

You feel safe and respected.

- Respect for your choices
- Honest, open talk
- Disagree without fear
- Time with other friends
- Support for your goals
- Equal say in decisions

### Unhealthy

Some behaviors hurt you.

- Constant jealousy
- Guilt-tripping
- Teasing that hurts
- Silent treatment
- Ignoring your feelings
- Pressure to change

### Controlling or abusive

One person has power over you.

- Decides who you see
- Checks on you constantly
- Threats or humiliation
- Isolates you from others
- Physical harm
- Makes you feel afraid

### Quick check: tick the zone for each behavior

| Behavior                                           | Healthy                  | Unhealthy                | Controlling              |
|----------------------------------------------------|--------------------------|--------------------------|--------------------------|
| Celebrates when you get a good grade               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Gives you the silent treatment until you apologize | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tells you to stop seeing your other friends        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Accepts it when you say no                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Reads your private messages or diary               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Threatens to hurt you if you leave                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

# Scenario discussion

Answer these with your group for each card you receive.

**Card number:** \_\_\_\_\_ ☐ Healthy ☐ Unhealthy ☐ Controlling

Why did you choose this zone?

---

How might each person feel?

---

What could the main character say or do?

---

Who could they ask for help?

---

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# Boundary scripts

Setting a boundary is not being rude. A person who respects you will listen. Use the formula to write what a character could say.

*Example: "I feel embarrassed when you joke about my weight in front of everyone. I need you to stop."*

**Card number:** \_\_\_\_\_

**I feel** (name the feeling)

\_\_\_\_\_

**when** (describe the behavior)

\_\_\_\_\_

**I need** (say what you want instead)

\_\_\_\_\_

**Card number:** \_\_\_\_\_

**I feel** (name the feeling)

\_\_\_\_\_

**when** (describe the behavior)

\_\_\_\_\_

**I need** (say what you want instead)

\_\_\_\_\_

## Exit ticket

One sign of a healthy relationship I want in my life is...

\_\_\_\_\_

One red flag I will now pay attention to is...

\_\_\_\_\_

If I or a friend needed help, I could go to...

\_\_\_\_\_

Need to talk? Your school counselor, or the National Lifeline 1564 (24/7).