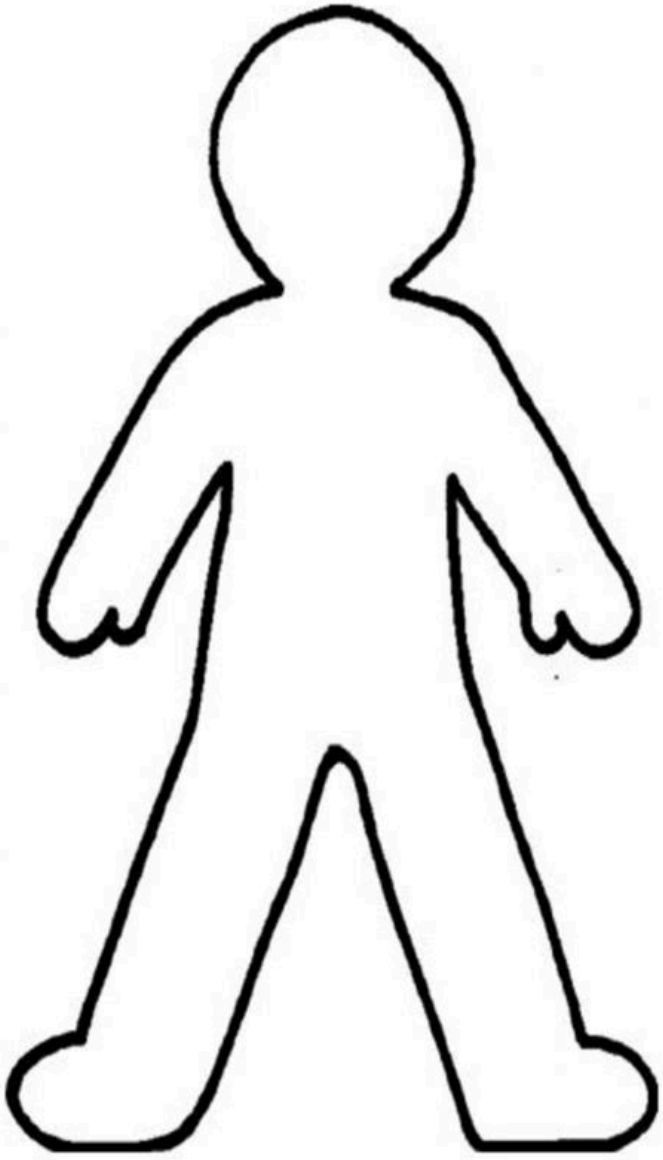
Name:_____ Date:_____

Healthy Relationships

Word Bank	
treat	habits
control	supported

A healthy relationship is one where both people feel safe, respected, _____ and free to be themselves, while communicating honestly and respecting each other's boundaries. Unhealthy relationships are where one or both people feel bad about themselves, pressured, controlled, or unsafe. Unhealthy relationships are not defined by how much someone says they care- they are defined by how they _____ you. Learning about relationships is very important because individuals are forming _____, beliefs and skills that affect their safety, wellbeing and relationships in the future. Not all unhealthy relationships involve physical harm, emotional _____, jealousy, and online pressure also matter. If you or someone you know is in an unhealthy relationship, talk and find support with a trusted adult!

What does it look like when you are in a healthy relationship?



If your friend is dating someone who is showing signs of an unhealthy relationship, what would you say to them and how would you handle the situation?