

MY HEALTHY RELATIONSHIP GUIDE

Purpose:

The purpose of this guide is to give you a reminder of what your relationships should look like. This is a tool that you can look back on at any time that you feel that your relationships with friends, family, or partners are starting to feel unbalanced.

Directions

Print out this guide or use an editing tool on your device for this worksheet. On the blank worksheet write down what a healthy relationship looks like to you. Then you can draw, write, or stick on examples you think of when thinking about healthy relationships.

Use the example provided for guidance or look at the resource provided if you need more information on healthy and unhealthy relationships.

Resources

<https://www.loveisrespect.org/everyone-deserves-a-healthy-relationship/>

<https://youth.gov/youth-topics/teen-dating-violence/characteristics>

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What do healthy relationships mean to you? What do you value in a healthy relationship?



What do healthy relationships look like to you? Use images, words, phrases, drawings and examples in this section.



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What do healthy relationships mean to you? What do you value in a healthy relationship?

I think a healthy relationship is a relationship based on an equal balance of power, trust, patience and empathy.

Examples:



Healthy relationships
within the family



Listening and
understanding someone

Loyalty



Equal and fair

Kindness

Honesty



Nurturing and caring