



Name: _____

Date: _____

Warm-Up

Think about someone in your life that you have a positive relationship with.

Describe at least two ways you each behave that make the relationship positive.

Activity: Values in Healthy Relationships

Instructions: Choose the three values that are most important to you in healthy relationships. Write them in the table below.

1. Explain why each value is important to you.
2. Describe some ways each value guides your behavior in your relationships.

| Value | Why is it important? | How does this value guide your behavior in your relationships? |
|-------|----------------------|--|
| 1. | | |
| 2. | | |
| 3. | | |



Wrap-Up

Think of someone you have a healthy relationship with and complete these sentences.

1. I have a healthy relationship with _____.

2. An important value we share is _____.

3. One way I behave in our relationship that's guided by this value is _____

_____.

4. One way they behave in our relationship that's guided by this value is _____

_____.