

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

Date: \_\_\_\_\_

## Activity: Is the Relationship Unhealthy?

**Instructions:** With a partner, complete the table on the back of this handout.

- Decide if you think each relationship is healthy or unhealthy. Put a check mark next to your decision.
- Write the warning signs that led to your decision.

Use the Signs of a Healthy or Unhealthy Relationship chart below to help you decide.

### Signs of a Healthy or Unhealthy Relationship

You're in a <b>healthy relationship</b> if your friend. . .	You're in an <b>unhealthy relationship</b> if your friend. . .
<ul style="list-style-type: none"> <li>• Supports your interests</li> <li>• Encourages you when you're doing something challenging</li> <li>• Respects your boundaries</li> <li>• Values your opinion, even when you disagree</li> <li>• Apologizes when they're wrong</li> <li>• Gives you space when needed</li> <li>• Isn't controlling</li> <li>• Doesn't put you down</li> <li>• Is someone you enjoy being with</li> <li>• Is honest with you</li> <li>• Is someone you can depend on</li> <li>• Doesn't try to hurt your feelings</li> </ul>	<ul style="list-style-type: none"> <li>• Isn't reliable</li> <li>• Is clingy</li> <li>• Doesn't listen to your opinion</li> <li>• Isn't someone you can trust</li> <li>• Makes you feel bad after hanging out with them</li> <li>• Makes fun of you in ways that hurt your feelings</li> <li>• Doesn't like you hanging out with other people</li> <li>• Disrespects you</li> <li>• Puts you down</li> <li>• Bullies you or other people</li> <li>• Makes you do things you don't feel good about</li> <li>• Always tells you what to do</li> <li>• Never apologizes</li> <li>• Threatens, intimidates, or hurts you</li> </ul>

## Activity: Is the Relationship Unhealthy? (cont.)

Student	How do they describe their relationship with their friend?	Healthy or Unhealthy Relationship?
Caleb	<i>“My girlfriend gets jealous and reads my texts.”</i>	<input type="checkbox"/> Healthy <input type="checkbox"/> Unhealthy Warning Signs:
Eli	<i>“My friend keeps acting like he wants to pick a fight. It’s like he enjoys hurting me.”</i>	<input type="checkbox"/> Healthy <input type="checkbox"/> Unhealthy Warning Signs:
Melody	<i>“My friend is mean to other people, and if I don’t join in, she’s mean to me.”</i>	<input type="checkbox"/> Healthy <input type="checkbox"/> Unhealthy Warning Signs:

### Wrap-Up

Name three people you can go to for help if you start noticing warning signs that you’re in an unhealthy relationship.

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#### What to do if a relationship is turning unhealthy:

- Tell the person in a clear, firm way what you need or want
- Talk to someone you trust about what’s happening and ask what to do
- Spend more time with other people
- Consider ending the relationship

#### You can also contact one of these online organizations for advice and support:

- [loveisrespect.org](http://loveisrespect.org)
- [teenlineonline.org](http://teenlineonline.org)