

Healthy Relationships Activity

Cut out the cards below and arrange them into the categories Healthy and Un-healthy talk about your choices and opinions, why is the behaviour healthy and positive or why is it an unhealthy and negative thing?

Healthy

Un-Healthy

My friend encourages me to do my best and praises my achievements.

My partner checks my text messages they say if I trust them I will have nothing to hide.

My friend gets upset when I hang out with some of my other friends they say I am leaving them out.

My friend/partner supports me and makes me feel better when I am upset.

My friend/partner always listens to me and makes me feel valued.

My friend/partner make me feel that their opinion is the only one that matters.

My friend/partner are always arguing with me over the same thing we just can't get past it. It makes me feel anxious and stressed about coming to school.

Sometimes I have disagreements with my friend/partner but we always talk things through and sort it out before the end of the day.

My friend/ partner makes time for me to hang out.

My friend/ partner can say nasty things about the way I look or dress.

My friend/ partner makes me feel good about myself and how I look.

We always have fun together, we try new things and we are always laughing.

My friend/partner never says sorry when we argue and make me feel like it was my fault.

When we fall out my friend/ partner says sorry and takes responsibility for their actions.

My friend/partner respects my opinion even when its completely different to them.

I sometimes feel like my friend/partner isn't listening to me and doesn't care about what I have to say.

My friend/partner sometimes pinches me or hits me, I have told them I don't like it but they say they are only playing and I need to lighten up.

My friend/partner can sometimes make nasty comments about me on group chats, it makes me feel upset.

My friend/partner is always generous and shares things with me. They make me feel loved and special.

My friend/ partner always sticks up for me and has my back. I feel I could talk to them if I was in trouble.

My friend/partner helps me understand subjects and problems at school that I struggle with.

My friend/partner makes bad choices and gets them and me into trouble. I have told them I don't think it's a good idea. I want to be there for them but I don't want to keep getting into trouble.