

Healthy and unhealthy relationships – write under each heading what you think is healthy and unhealthy in a relationship

(This is a blank version which should be used first- encourage the young person to think about what a healthy and an unhealthy relationship looks like, ask them to write it down under “healthy” or “unhealthy”).

After completing this blank version, share the completed one and explore if there is anything they have not thought about and explore what that is with the young person)

| Healthy | Unhealthy |
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