

## Healthy and unhealthy relationships – Compare what you wrote to what is written below-what are your thoughts?

(This is the completed version to be shared with the young person after completing the blank version)

Healthy	Unhealthy
Gives you complements	Name calling Insults
Encourages you to do things that make you happy	Calling and sending texts all the time Wanting to know where you are and what you are doing at all times
Happy for you to spend time with your friends and family	Wanting to spend all their time with you Wants you to stop spending time with friends and family
Trusts you and doesn't get jealous	Jealous when you talk to other people
Willing to talk and to work through issues  They listen to you when you say that you don't want to do something	Criticises, puts you down Makes you feel bad about yourself
Understands that you may not respond immediately	Gets mad when you don't respond immediately
Makes you feel safe and happy They are not aggressive ever	Makes you feel scared and unsafe Gets physically aggressive