

## Healthy Relationships

Healthy relationships are fun and make you feel good about yourself. These relationships can be with anyone in your life – family members, friends and the people you date.

Unhealthy relationships are not fun and might make you feel bad about yourself. These relationships can be with anyone in your life – family members, friends and the people you date.

**Examples of healthy behaviors in a relationship include:** taking turns making decisions, respecting each other, saying nice things to each other, sharing personal thoughts and feelings even if you disagree.

**Examples of unhealthy behaviors in a relationship include:** saying put downs, telling you how to act or what to wear, getting mad when you are with other people, pushing you to do things you don't want to do, making all the choices, wanting you to keep secrets.

### Activity - Healthy vs. Unhealthy behaviors:

In small groups, come up with healthy and unhealthy behaviors that you might see in a relationship. Share with the large group.

### The Heart of Relationships:

The following are the five pieces of the Heart of Relationships:



When spending time with someone, it's important to not only have fun with them but to also learn about each other and develop your relationship with them. By finding activities or interests that you both share, you can spend a good time together and also learn about the things you both like! To enhance your time together, find something to do that you both enjoy! On the next page are examples of activities that you can have fun with and still get to know each other better.



## Examples of Fun Activities:

- Enjoy baseball? Play catch in the backyard!
- Do you both like the same TV shows or movies? Watch them together and talk about what you liked and disliked about it.
- Love watching sports? Go to a sports game together and cheer on your favorite team!
- Enjoy going on walks? Try and create a new route together that you can make an adventure on.
- Do you both like reading magazines? Go to a bookstore and browse through some of your favorites.

These are all just examples of cool stuff that you can do together. Find something that you both have in common and come up with an idea that will incorporate your interests in a fun activity!

After a while, it's important to expand your interests as well! If your friend wants to show you something new, go ahead and give it a try! It's fun to learn new things and to try something that you normally wouldn't do. You can share new ideas with each other and learn even more about what they enjoy doing (and you may find something new that you really enjoy too)!

Just remember, stay positive when you are with your friend. They may be nervous too, or worried about what you're thinking. You can give your own ideas and opinions, but make sure to listen to theirs too! Relationships are all about sharing and it's important that both of you feel safe with each other. That way you can both have the most fun that you can together and build your healthy relationship!

