

Healthy Relationship Worksheet and Discussion

Recommended Age: 12-13

Goals

- To identify characteristics of a healthy relationship.
- To encourage youth to expect a healthy relationship as a means to avoiding abuse.

Have Ready

- Blank paper and pens.
- Flipchart paper.

Instructions

- Hand out a pen and paper.
- Ask youth to think about someone they enjoy being around. This could be a family member, friend, partner, or someone else.
- Have youth write down three reasons they enjoy being around this person. Allow a few minutes for youth to work on this.
- Go around the room, asking each youth to share their answers. Flipchart their responses. *Note: As a time and space saver, put a checkmark beside repeated answers.*
- Identify common themes as you build the list, like trust, respect, laughter, etc.

Debrief

- Look at this big list of healthy qualities!
- **Who here deserves to be around someone like this?**
(Everyone) This also means that we have a responsibility to offer these qualities to the people in our lives.
- If someone is not treating you well, that is not your fault. If you are worried about your safety or feel like they are hurting you or could hurt you, it is important to let a trusted adult know.