



Victim First

Leicester, Leicestershire & Rutland

Healthy Relationship Activity



Friends and relationships can be great and can make people very happy.

However, sometimes, the other person may treat you badly or try to control you.

They may also try to make you feel that the way they are treating you is normal.

It is important to know what things people might do in a relationship that are good (healthy)

And things that people should not do in a relationship, that are bad (unhealthy).

You can use the activity below, to look at some examples and then think of your own ideas to add to the list



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Unhealthy Behaviours

Here are some examples of behaviours that are not good in a relationship

	<p>Checking your Partners phone or internet history</p>
	<p>Shouting and swearing at your partner or calling them names</p>
	<p>Telling you partner who they can or cannot be friends with</p>
	<p>Taking Money or belongings from your partner that isn't yours</p>
	<p>Controlling what your partner does</p>



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Healthy Behaviours

Here are some examples of behaviours that are good in a relationship



Laughing and having fun together



Helping your partner to do things, but still letting them be independent



Listening to each other and Making decisions together



Trying to cheer your partner up when they are sad



Being pleased for your partner if they do something well



Activity

Can you think of any other unhealthy or healthy behaviours?

Look at some of the examples below or think of your own examples and put them under the correct columns if you think they are healthy or unhealthy?

1. *Constantly checking up on where your partner is*
2. *Being jealous if your partner does well at something*
3. *Giving compliments to your partner (saying nice things you like about them)*
4. *Blaming your partner for making you feel a certain way*
5. *Making your partner do something that they do not want to do*
6. *Talking to your partner about how you feel*
7. *Calling your partner names in front of other people*
8. *Sharing personal information about your partner on social media*
9. *Sharing hobbies together and doing things you both enjoy*
10. *Not letting your partner see their friends or family*

Healthy	Unhealthy