

Healthy and Unhealthy relationships flash cards

How to use

Cut out each box and discuss the statements. Talk about whether it is a sign of a healthy or unhealthy relationship.

I feel
happy
when I am
around
them



We spend
quality
time
together



They sometimes shout at me



I can talk about how I feel with them.
I don't feel judged.



We spend time away from each other and have some different friends.



We argue often



They sometimes hit me. I don't always feel safe around them.



They call me names or make me feel bad



SARSAS

*Listen.
Believe.
Support.*

They make
me
undress
when I
don't want
to



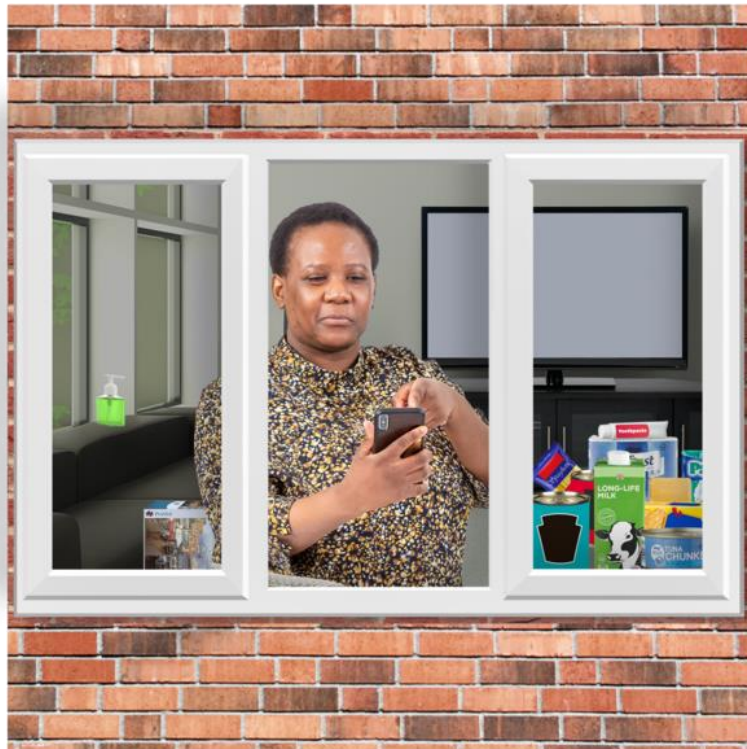
They steal
my money



They take pictures of me without my consent



They would prefer me to stay at home alone



SARSAS

*Listen.
Believe.
Support.*

They make
me feel
confident



They know
how to
comfort
me when I
am sad



SARSAS

*Listen.
Believe.
Support.*

We think
about the
future
together

