

What makes a healthy relationship?

How to use

Read the words and statements below and think about whether it's a sign of a healthy or unhealthy relationship.

Signs of a healthy relationship?	Signs of an unhealthy relationship?	



Happiness	No trust
Trust	No respect
Love	Jealousy
Affection	Hitting
Feeling like equals	No talking
Respect	Low self esteem
Friendship	Not letting you see friends
	or family
Laughter	Unfair arguments
Common interests	Other person tries to
	change you
Support	Lies
Fair arguments	Always telling you what to
	do
Having your own money	Lack of understanding
Comfort	No fun
Good communication	Felling you what to wear
kindness	Blaming
Humour	Fear
Fun	Lack of trust
Being yourself	Can't be yourself
Strong self esteem	No independence
Having your own friends	Shouting
Honesty	Not letting you have money
independence	Telling you to have sex if
	you love them