**Healthy Relationships** (select either option 1 or 2)

**Option 1**

Think about your network of support. Your friends, family, coworkers, teachers, coaches etc…

Select one person that you feel you have a healthy relationship and explain why by completing the template below.

For each column provide a ranking 5 being the highest, and then explain why you provided the ranking. Explanations can be in point form.

At the end summarize why you feel this relationship is healthy.

**Relationship**: (Friend, family, teacher etc..)

|  |  |  |
| --- | --- | --- |
| **Signs of a Healthy Relationship** | **Ranking 1-5** | **Explanation of ranking** |
| **Being yourself** |  |  |
| **Communication** |  |  |
| **Respect** |  |  |
| **Safe** |  |  |
| **Trust** |  |  |
| **Equality** |  |  |
| **Support** |  |  |

Reflection: in 1 – 3 paragraphs Summarize why you feel this is a healthy relationship.

**Option 2**

Find a fictional relationship (TV, Books, Movies) and analyze whether it is a healthy or unhealthy relationship.

For each column provide a ranking 5 being the highest, and then explain why you provided the ranking. Explanations can be in point form.

After the table summarize why you think this relationship is either healthy or unhealthy.

**Fictional Characters: Names and where they are from**

|  |  |  |
| --- | --- | --- |
| **Signs of a Healthy Relationship** | **Ranking 1-5** | **Explanation of ranking** |
| **Being yourself** |  |  |
| **Communication** |  |  |
| **Respect** |  |  |
| **Safe** |  |  |
| **Trust** |  |  |
| **Equality** |  |  |
| **Support** |  |  |
| **Physical Abuse** |  |  |
| **Control** |  |  |
| **Humiliation** |  |  |
| **Unpredictability** |  |  |
| **Pressure** |  |  |

Reflection: in 1 – 3 paragraphs summarize why you feel this is a healthy or unhealthy relationship.