

Healthy vs. Unhealthy Relationships

Healthy Relationship

Both People:

Trust, respect, and support each other

Feel secure and comfortable

Are not violent with each other

Enjoy spending time together

Takes an interest in each other's lives: school, clubs, friends, family, etc.

Communicate clearly and openly

Make healthy decisions about alcohol or other drugs

Encourages each other to pursue positive personal or academic goals



Unhealthy Relationship

One or more people:

Try to control or manipulate the other

Make the other person feel bad about themselves

Ridicule or call names

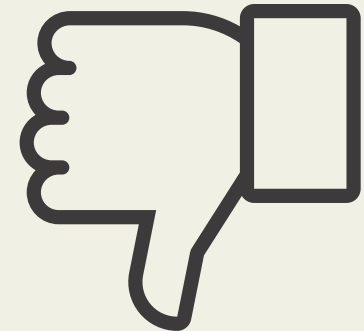
Dictate how the other dresses

Criticize the other's friends

Overly possessive or jealous behavior

Push, grab, hit, or damage personal objects

Use physical force or threats



CONNECTING**Clarify**

- What are you being asked to do?
- With whom?
- When?
- Where?
- Is this honest?
- Is this respectful?

**Consider**

- What happens if I say yes?
- What happens if I say no?
- What would happen if I got caught?
- Will I hurt anyone physically or emotionally?

**Choose**

- Yes, this is a healthy situation
- No, this is an unhealthy situation



What?

What are three healthy qualities that you value in a relationship?

So what?

What is a benefit of analyzing a situation before you decide to get involved?

Now what?

How can you apply the 3Cs to be a better friend?