

Look at Healthy Relationships like making a cake, there are certain ingredients necessary for it to be good!

- Respect – appreciation for fellow human beings.
- Trust – firm belief in the character of someone.
- Honesty – truthful and vulnerable about thoughts and feelings.
- Compromise – willingness to give and take.
- Independence – individuality of friends, hobbies and beliefs.
- Communication – sharing of information.

How should Healthy Relationships make you feel?

- Safe
- Happy
- Heard
- Confident
- Encouraged

How would a person feel in an Unhealthy Relationship?

- Embarrassed
- Unsafe
- Lonely
- Insecure
- Discouraged

GET HELP!

Talk to a trusted friend or family member if you are experiencing any signs of an unhealthy relationship.

Consider what ingredients might be missing or how you can improve on some of the ingredients you have?

