

Healthy vs Unhealthy Friendships

Friendships and relationships are different in some ways but both should be based on mutual respect. Recognizing healthy friendships is very similar to healthy relationships. Read each example below and cross out the traits that you don't want in a relationship.

The person you like gets angry when you sit by any other boys or girls.

Apologizing when you hurt someone's feelings.

Pulling hair or pushing on the playground is a way to show you like each other.

The person you like ignores you in front of other people.

When he/she gets angry, he/she hurts you.

When someone is considerate of your ideas.

Someone who cares about your opinion.

Complimenting the person you like.

A decorative graphic featuring a central yellow circle with a dotted border. Inside the circle, the words "Healthy and Happy" are written in a cursive font. Surrounding the circle are several red circles of varying sizes, scattered across the bottom half of the page.

Healthy
and Happy