

TITLE (place on front of cards)

ROLE-PLAYING SCENARIO (On back of Cards)

A Friend's Cousin

You go to your friend's house to a party. Your friend introduces you to her "cousin" Jonny. He seems nice and friendly and the two of you make small talk. However, he starts to follow you around the party and does not give you much space to mingle with your own friends. You feel like he is smothering you and you are getting a bad feeling and you can't ditch him.

Alone at the Movies

You are on a second date with a boy/girl you like and had fun with on your first date. On your second date you go to a movie that you both agreed on. However, your date selects 2 seats at the top of the theatre, and you are alone. When the two of you settle in your seats and the movie starts, your date puts his/her arm around you and begins to touch your leg. It feels nice but you're afraid it might go too far, and you don't know how to stop it without making your date upset.

Chat Room Friend

You are "chatting" with this guy online on one of your phone apps. No one knows you've been talking with him and it's been kind of fun having this secret friend. He sent you a profile picture and he's cute. You've been chatting for about 3 months now and he wants to meet you in person – alone in a park so you have some privacy.

Characteristics of a Healthy Relationship Activity #3 Worksheet



Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship is respecting yourself and others. It does not mean having to be “perfect” 100% of the time.

Directions: Using the list below, list what are some qualities of a Healthy Relationship and list any additional ones you think should be included.

Characteristics of a Healthy Relationship

Trust – Confidence in each other that neither will do anything to hurt or ruin the relationship.

Respect – Valuing one another’s beliefs and opinions and accepting one another.

Honesty – Being truthful and candid without feeling judged.

Kindness – Caring and empathetic to one another and providing comfort and support.

Independence – Having space to be yourself outside of the relationship.

Equality – Having a balanced relationship where each person puts forth the effort for the relationship’s success.

Responsibility – Owning your actions and words and admitting your mistakes.

Healthy Conflict – Respectfully discussing issues and confronting disagreements without judgment.

Fun – Enjoying spending time together and bringing out the best in each other.

Communicate – Openly listening and talking to each other.

Name the Qualities of Healthy Relationships
that are important to you. Identify the
relationships you are describing.

Name any additional qualities of a healthy
relationship you think should be included.

Personal Boundaries Take Home Activity Sheet

Cut the worksheet in half and have each side completed separately.
This Worksheet will help you discuss your feelings and concerns regarding personal boundaries.

Parent / Guardian

Personal boundaries – are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for others to behave towards them and how they will respond when someone passes those limits.

Select the behavior(s) you think your teen will list for each person. (Example: Friend - “tell secrets, give a ride, etc.”) When you finished, discuss with your teen the similarities and differences between your responses.

Behaviors

kiss / shake hands / hold hands / hug /
say “I love you” / text selfies / give a ride /
share personal issues / give phone number /
give your address / chat / text personal information /
discuss family matters

Family:

Good Friend:

Acquaintance:

Stranger:

Boyfriend / Girlfriend:

Someone You Only Met Online:



Teen

Personal boundaries – are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for others to behave towards them and how they will respond when someone passes those limits.

Select the behavior(s) you think are appropriate for each person listed. (Example: Friend - “tell secrets, give a ride, etc.”) When finished, discuss with your parent/guardian the similarities and differences between your responses.

Behaviors

kiss / shake hands / hold hands / hug /
say “I love you” / text selfies / give a ride /
share personal issues / give phone number /
give your address / chat / text personal information /
discuss family matters

Family:

Good Friend:

Acquaintance:

Stranger:

Boyfriend / Girlfriend:

Someone You Met Online:

Cut Here