

Name: \_\_\_\_\_

# HEALTHY RELATIONSHIPS

Part of any healthy relationship involves kindness. Whether it is a relationship with a classmate, friend, partner, or even a pet, kindness plays a pivotal role. What are other characteristics of a healthy relationship?

**INSTRUCTIONS:** Complete the activity sheet.

**1. List characteristics of a healthy relationship.**

**2. Write three different strategies to help build and maintain a healthy relationship**

**3. List factors that contribute to an unhealthy relationship.**

**4. List three strategies to help deal with an unhealthy relationship.**

