



HEALTHY RELATIONSHIPS

Name: _____

Learn
Engage
Act
Develop

Insecure **SWITCH** to *Confident*

LEARN

Healthy relationships make you feel empowered and courageous enough to be yourself. Surrounding yourself with uplifting people allows you to develop relationships of mutual respect so you can lead a healthy and positive life.

Objective: This activity will help make you a stronger person in your relationships. First, you'll assess three of your friendships to determine the health of these relationships and how you can be a better friend yourself. Then you'll reflect on how you can assert yourself to draw boundaries and/or seek out new people who uplift you.

Why switch insecure to confident?
To develop strength within yourself!

The people in your life are going to positively or negatively shape who you are as a person. When you are emotionally strong, you can communicate assertively so that you can set boundaries for difficult relationships. Then you can seek out relationships so that you will become your happiest and healthiest self.

Direction: Complete the LEAD steps in a journal or on this paper.

- Watch: (click link) **Friends/Spoken Word by Trent Shelton**
- What impacted you the most from this video and why?

ENGAGE

Friendship Assessment

Below, write the initials of three people you communicate with most (starting with friends). On a scale of 1 to 5, assess these relationships and total each column.

1 - NEVER 2 - OCCASIONALLY 3 - SOMETIMES 4 - USUALLY 5 - ALWAYS

Friend #1 Initials	Friend #2 Initials	Friend #3 Initials	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Their values are similar to mine.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They relieve my stress when we're together.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They listen to me and I can assertively tell them what's right for me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They are an uplifting person.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They care about me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They don't judge or make negative comments about myself or others.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They accept who I am and I trust that they'll respect who I am.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They have healthy habits.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They are encouraging of my other friendships.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They are someone I'd go to if I needed help.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They are fun to be around.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They are trustworthy.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	They are happy for me when I am successful.
Total	Total	Total	

Friendship Assessment Rating Scale

Read through these friendship descriptors.

- 55 - 65: Healthy friendship.** They will bring out the best in you, so continue to nurture this relationship! As you spend time together, you will positively influence each other.
- 45 - 54: Good friendship.** This relationship is fairly uplifting, but there is room for growth. Pay attention if the relationship continues to be positive.
- 30 - 44: Indifferent friendship.** This friendship is not leading you toward a more positive life. Consider spending more time in healthier relationships. However, you might be the positive influence they need.
- 29 - Below: Unhealthy friendship.** This relationship is cause for concern. It's missing components of a healthy relationship. You should not be spending much time with this person. Continue to seek out people who respect and empower you.

Friendship Reflections

Reflect on your Friendship Assessment. What did you learn about your friendships?

FRIEND #1:

FRIEND #2:

FRIEND #3:

Reflect on yourself as a friend and use the Friendship Assessment list to answer these questions.

What two characteristics are you good at (i.e., I uplift my friends)?

What two characteristics do you need to work on (i.e., I need to be a better listener)?

ACT & DEVELOP

Complete the chart below so you can practice being assertive, leading to healthier relationships.

Friends	Ways They Make You Feel Badly	Boundaries You Will Set	How Did It Go?
Example	<ul style="list-style-type: none"> • They gossip. • They put me down. • They have to have their way. 	<ul style="list-style-type: none"> • Don't feed into the gossip & say, "Let's not talk about them" • Say, "I don't really think that's funny." • Say, "That doesn't work for me" or "Not this time." 	<ul style="list-style-type: none"> • They responded positively • I'll need to repeat this again. • I need to be more assertive. • I distanced myself.
Friend #1			
Friend #2			
Friend #3			

Note: If you feel you need to exit a relationship, talk with a trustworthy adult to discuss how to leave in a safe and respectful way.

Watch: [\[click link\] Choose Your Friends with Caution by Prince Ea](#)

Who makes you feel happy & motivates you? How can you spend more time with them?

Who is another uplifting person you know? How can you get to know them better?

Live Your Adventure!