



High School

Name: _____

Date: _____

Healthy Relationships

Instructions: Working in pairs and using the CHERISH concept, look at the 3 scenarios and decide if it's a healthy relationship or not. What advice would you give in each scenario?

Remember: Does your partner CHERISH you?

Communication: In a healthy relationship, both people communicate well with each other. They can talk openly about problems and respect each other's opinions.

Honesty: Honesty and trust are the cornerstones of healthy relationships. This means that you don't lie. You can be counted on to keep your word.

Equal: In healthy relationships, both people are equal. No one person controls the other or tells the other person what to do. You are able to compromise on important issues.

Respect: In a healthy relationship, both people respect each other. When you respect someone, you place great value on them. You honor their ideas, opinions, and privacy.

Independent: In a healthy relationship, it's very important for both people to stay independent. This doesn't mean you can't do stuff together. It means that you can still enjoy time apart with your friends or doing activities that you enjoy.

Safe: In healthy relationships, you feel safe and secure with the other person, You are not afraid of physical or emotional violence.

Healthy Boundaries: In healthy relationships, both people have space to be themselves without feeling trapped or isolated. Healthy boundaries are set together and are clear.

Scenario 1	Scenario 2	Scenario 3
Angelina has been best friends with Maria since kindergarten. But ever since Maria started dating Liam, things haven't been the same. It's true that Liam and Angelina don't like each other, but Maria hardly ever responds to texts, they never hang out together anymore, and Maria seems a little down.	In the locker room, Matt seems distracted and keeps checking his text messages. His friend Mario asks him what's going on. Matt explains that if he doesn't respond to his girlfriend's text message the second she sends it, she gets mad and thinks he's cheating on her. Once, she didn't talk to him for an entire weekend!	Marissa and Cedar have been dating for the whole school year. Every summer, Marissa works at a sleep away camp in another state, which she really enjoys. This year, Cedar wants her to stay so they can be together all summer. If Marissa goes away to camp, Cedar says he will feel bad.