

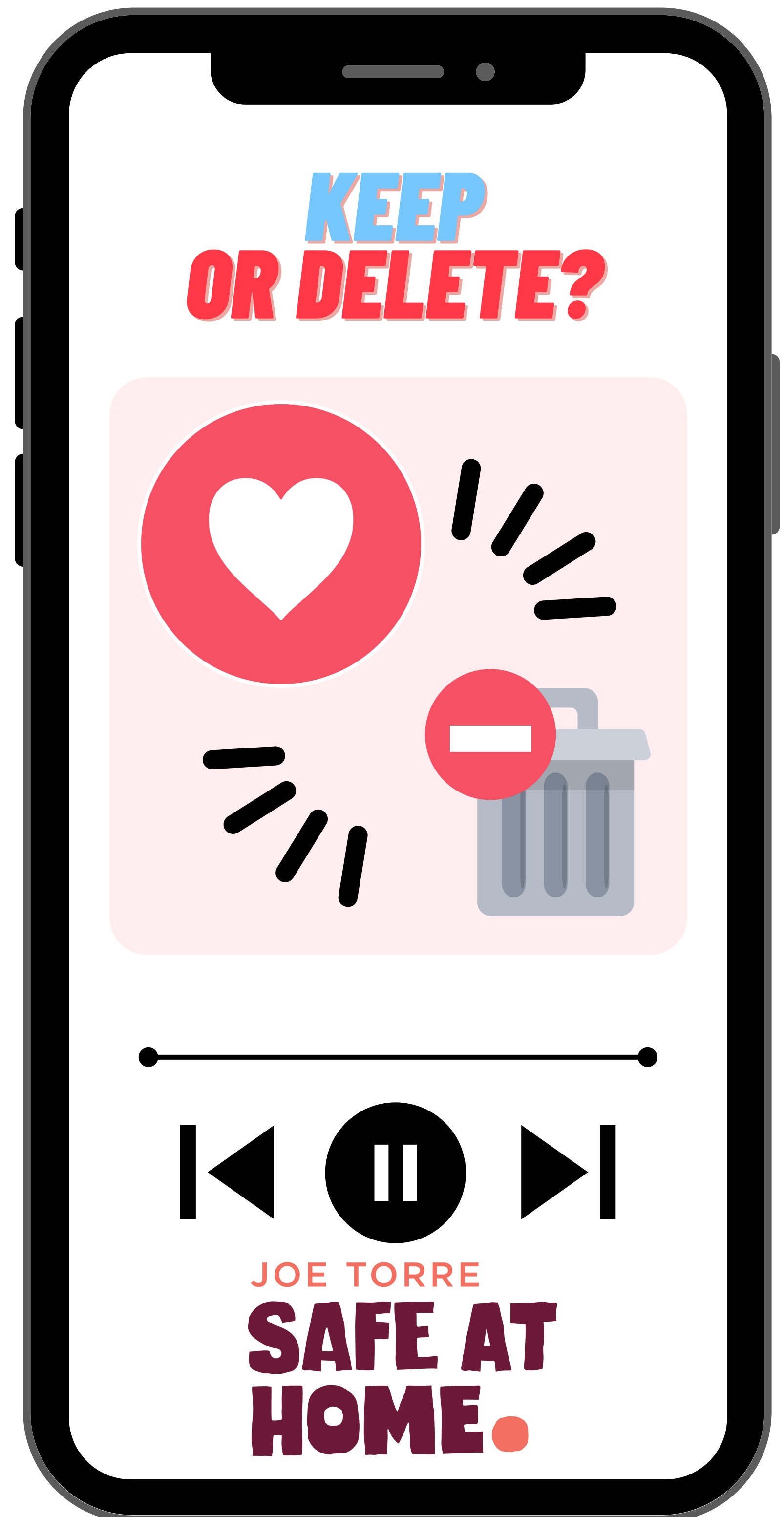
HEALTHY & UNHEALTHY RELATIONSHIPS IN MUSIC

Media can play a big role in the way young people learn to interact with each other, like our relationships with family, friends, or even dating relationships.

Music, for example, can sometimes have a big influence on how people think relationships work. For some, hearing the same ideas about relationships played over in music can end up giving them an idea about what is okay and what isn't okay.

Unfortunately, not all music gives the best examples of healthy relationships between people. Even some very popular songs can have lyrics depicting an unhealthy relationship.

Take a moment to listen to the lyrics of some of your favorite songs, are they singing about healthy or unhealthy relationships?





Examples of Healthy Relationships

- Respects your boundaries
- Open to communication
- Respectful of your opinions
- Supports and respects you
- You feel safe to express yourself



Examples of Unhealthy Relationships

- You feel unsafe around them
- Doesn't respect your feelings
- Doesn't respect your boundaries
- Doesn't communicate with you
- You feel safe to express yourself
- Verbally or physically abusive

These are just some examples of healthy and unhealthy relationship qualities.

Do you think any of the songs you thought about from your own playlist fit into any of these categories? If so, which ones?

It's important to start the conversation about healthy and unhealthy relationships in music because it can lead to unhealthy traits becoming more normalized.

What could you do to help get the conversation going?