

# HEALTHY AND UNHEALTHY RELATIONSHIPS

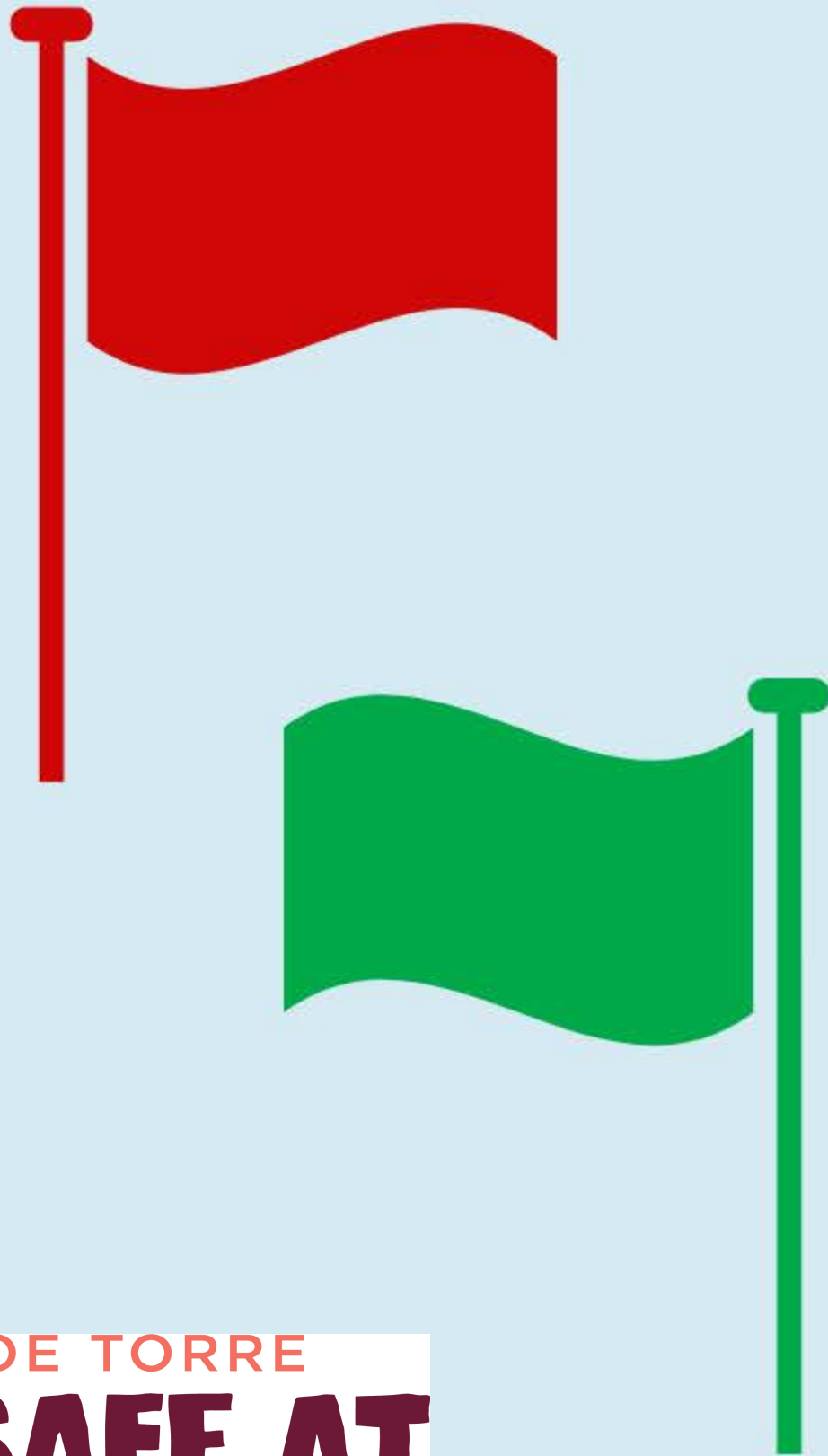
What signs to look out for  
and how we can help

# RED AND GREEN FLAGS



Sometimes relationships may be tricky to navigate. Whether it's a dating relationship, friend relationship, or family relationship, there are some easy signs you can look out for to help you identify it as a healthy or unhealthy relationship!

These can be thought of in the form of "green" or "red" flags.





# GREEN FLAGS

"Green flags" are the healthy traits you should be looking out for in a good relationship. Even if it is not a dating relationship, it's important to see green flags in any type of relationship you have between a partner, a friend or even a family member.

## SOME EXAMPLES

- They want to have good and open communication with you
- They are respectful and encourage you to set boundaries
- They make you feel safe and comfortable around them
- You and this person are able to live your own individual lives
- They check in with you to see if you are comfortable in a situation
- They are supportive and uplift you with their words and actions



# RED FLAGS

"Red flags" are the unhealthy signs in a relationship. Usually they are easy to see, but sometimes they may not be. Just like green flags, red flags can appear in any kind of relationship as well, so it's important to be able to know and recognize them.

## SOME EXAMPLES

- They break or hit things to intimidate you + show signs of aggression
- They threaten to hurt you or themselves if you try to leave them.
- They are possessive of your time + try to limit who you can talk to and what activities you can be involved in.
- They embarrass you in front of others and belittle your opinions.
- They pressure you to engage in sexual activity that you feel uncomfortable with.

## HELPING HAND!

If your friend is in an unhealthy relationship, what advice would you give?

Using your writing, poetry or art, what ways would you try to help a friend who is experiencing some type of unhealthy relationship?

Think about:

- What kind of things you would say to them?
- What would or could you do to try and help or comfort them?
- How can you be an upstander in this situation?