

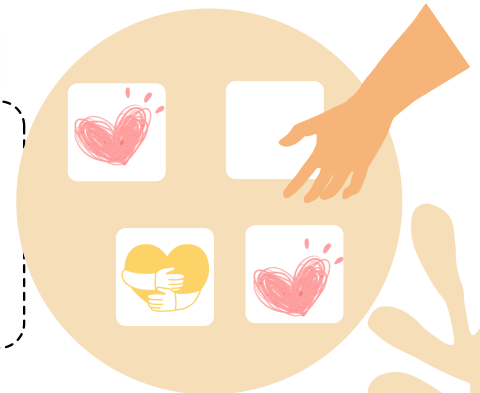
# Healthy Relationships Activity Booklet

## Introduction

Children are constantly learning about relationships by watching adults around them, noticing relationships in media, and through building their own relationships with family, friends, school staff and others. As adults, we can support youth in developing healthy relationships by modeling healthy behaviors in our own relationships. We can also have conversations with youth about healthy characteristics and expectations to have in relationships. When youth learn about healthy relationships from an early age, they are more likely to form healthy relationships throughout their lives, including friendships and later dating and romantic relationships. This activity packet aims to support youth in identifying healthy relationship behaviors.

### Memory Matching Game recommended ages: 4-7

- Print the game template and have children color the pictures. Cut out each card (parents can support cutting for younger children).
- Mix up the cards and turn them photo side down.
- Each player takes a turn matching cards with pictures and descriptions of healthy behaviors on them.



### Green Flag Bingo recommended ages: 11-13

- Use the BINGO cards provided to point out examples of healthy behaviors in movies, tv shows and other media.



### Healthy Relationship Challenge recommended ages: 12+

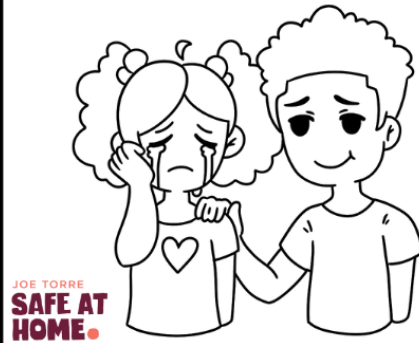
- A list of healthy behavior "challenges" that youth and families can practice in their day to day relationships



### Comforting a friend



### Comforting a friend



### Being honest with your friends



### Being honest with your friends



### Respecting boundaries



### Respecting boundaries



### Asking before taking something



### Asking before taking something



Asking to hug someone



JOE TORRE  
**SAFE AT HOME.**

Asking to hug someone



JOE TORRE  
**SAFE AT HOME.**

Stopping when  
somebody says "no"



JOE TORRE  
**SAFE AT HOME.**

Stopping when  
somebody says "no"



JOE TORRE  
**SAFE AT HOME.**

complimenting  
a friend



JOE TORRE  
**SAFE AT HOME.**

complimenting  
a friend



JOE TORRE  
**SAFE AT HOME.**

Encouraging  
a friend



JOE TORRE  
**SAFE AT HOME.**

Encouraging  
a friend



JOE TORRE  
**SAFE AT HOME.**

# Green Flag Bingo

## What is a green flag?



A red flag in dating refers to an early sign of an unhealthy relationship characteristic. A green flag is a behavior or personal quality that indicates the person will likely approach relationships in healthy, mature, and positive ways in the future. When you look for a partner (or a friend!), you could find yourself settling if you only avoid red flags. In relationships, we need to look for green flags, rather than simply going ahead because of the absence of red flags.

## Directions:

The next pages have bingo cards with different examples of green flags. Young people can use a bingo card with the media of their choice, like a movie, tv episode, or a song. As the players notice a 'green flag' in the media that they have chosen, they can mark the space. Whoever fills a row or column first, gets the BINGO!



## Media Suggestions:

### Movies:

- Puss in Boots: The Last Wish
- Turning Red
- The Addams Family 1 & 2
- Encanto
- Zootopia

### TV-Shows:

- The Proud Family
- Miraculous Tales of Ladybug & Cat Noir
- Ms Marvel
- Stargirl

JOE TORRE

SAFE AT  
HOME.

# Green Flag Bingo

Let's practice identifying green flags!

A character  
asks  
permission  
before  
hugging/or  
kissing

A character  
shows  
gratitude by  
saying thank  
you

A character  
actively listens  
to someone  
else

A character  
owns up to  
their mistakes

A character  
offers good  
advice to  
someone who's  
worried

A character  
makes an effort  
to really  
understand  
what someone  
else is saying

A character  
apologizes for  
a hurt they've  
caused

A character  
makes an effort  
to include  
people in  
activities and  
fun

A character is  
kind, even after  
someone is  
mean to them

A character  
shares  
something  
that's been  
bothering them

A character  
asks for advice  
from someone  
else

A character  
stands up for  
someone else  
if they're  
getting treated  
unfairly

A character  
stands up for  
something they  
believe in

A character  
comforts  
someone when  
they're sad

A character  
keeps a  
promise they  
made

A character  
congratulates  
someone on a  
job well done

JOE TORRE

SAFE AT  
HOME.

# Green Flag Bingo

Let's practice identifying green flags!

A character makes an effort to really understand what someone else is saying

A character offers good advice to someone who's worried

A character makes an effort to include people in activities and fun

A character apologizes for a hurt they've caused

A character comforts someone when they're sad

A character stands up for something they believe in

A character congratulates someone on a job well done

A character keeps a promise they made

A character shows gratitude by saying thank you

A character asks permission before hugging/or kissing

A character owns up to their mistakes

A character actively listens to someone else

A character shares something that's been bothering them

A character is kind, even after someone is mean to them

A character stands up for someone else if they're getting treated unfairly

A character asks for advice from someone else



JOE TORRE

SAFE AT  
HOME.

# Green Flag Bingo

Let's practice identifying green flags!

A character  
comforts  
someone when  
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A character  
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A character  
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A character is  
kind, even after  
someone is  
mean to them

# HEALTHY RELATIONSHIPS CHALLENGE

Schedule an activity that you know a loved one would enjoy and go do it together



Ask a loved one if you can give them a hug.

Write a letter to a loved one and tell them what you value about the relationship.



Make a homemade gift or baked good for someone that you care about



Reach out to a friend or loved one and schedule a check in call to ask how they are doing

Do a random act of kindness for a friend or family member (ie, help them clean their yard)



Spend quality time with a loved one and practice active listening without distractions (turn off your phone)

Which relationship challenge did you enjoy the most?