

Healthy Relationship Characteristics



Lessons in Mental Health

EQUALITY



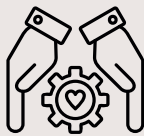
Needs, feelings, and opinions are valued equally.

EMPATHY



Putting yourself in the other person's shoes to understand how they are feeling,

INDEPENDENCE



The ability to be your own person and to make your own choices.

HONESTY



Being truthful and upfront with each other, even when it's difficult.

SUPPORT



Being there for each other and offering emotional and practical help.

TAKING RESPONSIBILITY



Accepting accountability for your own actions and behaviors.

KINDNESS



Treating each other with compassion, understanding, and generosity.

RESPECT



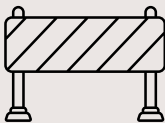
Treating others in a way that shows you value their feelings, opinions, and boundaries.

HEALTHY COMMUNICATION



Sharing thoughts, feelings, and needs in a clear, honest, and respectful way.

BOUNDARIES



Setting limits on what you are willing to do and accept in a relationship.

Unhealthy Relationship Characteristics



Lessons in Mental Health

BELITTLING



Putting someone down or saying demeaning comments.

ISOLATION



Keeping someone away from their friends, family, and other supports.

MANIPULATION



Uses tricks or lies to get what they want from the other person.

CONTROL



Limiting what another other person does, thinks, and feels.

LACK OF TRUST



Suspicion, jealousy, and insecurity are prevalent.

POWER IMBALANCE



One person dominates decision-making, finances, or personal choices.

BLAMING



Puts responsibility for their own mistakes or shortcomings on the other person.s.

LACK OF COMMUNICATION



Not talking to each other about thoughts, feelings, and needs.

LACK OF SUPPORT



Unsupportive of another person's goals, dreams, or growth and failure to provide practical help.

ABUSE



Physical, Emotional, Sexual



Lessons in Mental Health

- Use this reference guide as is, or view the Canva link for a fully modifiable template.
- Link: [Healthy VS Unhealthy Relationship Characteristics Reference Guide](#)
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.