


RECIPE FOR A HEALTHY RELATIONSHIP

STUDENT REFERENCE GUIDE	 <small>Access to Mental Health</small>
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What characteristics make up a healthy relationship? In this activity, you will reflect on the qualities that form strong and healthy relationships.

Using Canva, you will create a "recipe" for a healthy relationship that includes the key ingredients and directions for combining them.

Step 1: Ingredients List

Write a list of 10 ingredients for a healthy relationship in the "Ingredients" section of the recipe template. Use recipe terms like “cup” or “pinch” etc..

- Intrapersonal Relationships: Self-awareness, values, personality, emotions, self-esteem, goals, socially aware.
- Interpersonal Relationships: Healthy characteristics, communication, boundaries, empathy conflict resolution.
- Managing Relationships: Friendships, dating, adult responsibilities, and long-term relationships.
- Family and Community Influence: Family roles, support systems, and how the parts of your life connect.

Step 2: Directions Section

1. Start with yourself (self-awareness): Highlight how self-awareness is the foundation of all relationships.
2. Add healthy characteristics: Describe how to incorporate the healthy relationship qualities you listed.
3. Mix in communication skills: Explain how communication skills tie everything together and build strong connections.
4. Finish with outside support: Blend in supportive family roles, strong friendships, and the connections in your life.

Turning In Your Reference Guide

- Make your recipe using Canva-download your file as a JPEG or PNG.
- Upload online submission under: “Healthy Relationship Recipe”



Lessons in Mental Health

- Use this reference guide as is, or view the Canva link for a fully modifiable template.
- Link: [Recipe for a Healthy Relationship](#)
- 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.