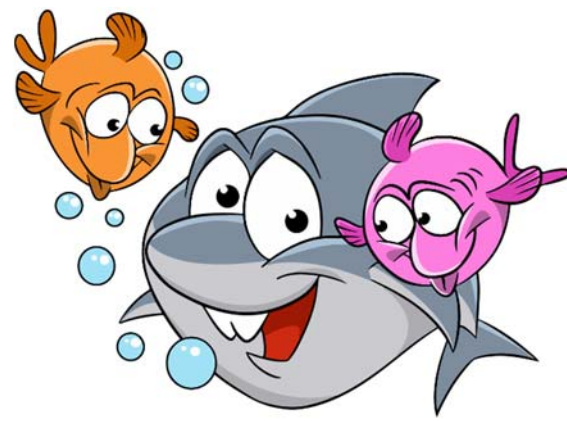


Name \_\_\_\_\_ **Relationships**



## Understanding Relationships

Imagine that relationships are like plants. Some plants are bright, strong, and full of life. Some plants might be a bit droopy but could be brought back to health with care. And then there are plants that are completely withered and can hurt you if you touch them. These plants are like different types of relationships - healthy, unhealthy, and abusive.

### Healthy Relationships - Imagine a bright and cheerful sunflower!

Just like you'd treat your favorite toy with care, in a healthy relationship, people treat each other with respect. They listen and care about each other's feelings. Trust is like the water for the sunflower. In healthy relationships, people believe in each other. They don't always worry about what the other person is doing.

This means talking about feelings, plans, and dreams. It's like the sunlight that helps the sunflower grow. In a healthy relationship, it's like both people are holding hands, standing side by side. No one is pushing the other around.

### Unhealthy Relationships - Imagine a droopy plant that needs some care.

This is when someone feels very worried or angry when their friend or partner talks to other people. It's like not giving the plant enough sunlight. Not talking about feelings can lead to misunderstandings, just like how a plant can get droopy without water. If one person tries to control what the other person does, it's not balanced. It's like putting a heavy rock on one side of a seesaw.

### Abusive Relationships - Imagine a plant with sharp thorns that can hurt you.

In an abusive relationship, one person might hit, push, or hurt the other in some way. This is never okay. Constantly saying mean things or making someone feel bad is also a sign of an abusive relationship. In these relationships, one person might try to control everything the other person does, like telling them who they can or cannot talk to. Someone might be scared of the other person in the relationship. This fear is like the sharp thorns on the plant.

### Similarities and Differences

All relationships have emotions and feelings involved, but the way people treat each other is different.

Healthy relationships make people feel good and safe. Unhealthy relationships might have moments that feel good but also moments that feel not so good. Abusive relationships can make someone feel scared and hurt.

Healthy and unhealthy relationships might have arguments, but in healthy ones, they solve problems without hurting each other. In abusive relationships, fights can lead to someone getting hurt.

Understanding relationships can help you know what feels right and what doesn't. Remember, like plants, relationships need care, understanding, and sometimes, distance from the ones that can hurt you.

Name \_\_\_\_\_ **Relationships**

## Understanding Relationships Questions

1. What are the three types of relationships discussed?
2. What is a key feature of a healthy relationship?
3. Why is jealousy a sign of an unhealthy relationship?
4. How is control different in an unhealthy relationship compared to an abusive one?
5. Why might someone be scared in an abusive relationship?