

PICK THE CORRECT CATEGORY

Niveau scolaire: Cycle 2 Elementary
Theme: Healthy Relationships

Indications

Read each statement and place the behaviour in the correct category by writing the number it relates to. The answers are on the next page.

Amuse-toi et bonne chance!

A little help:

A healthy relationship is...

A relationship in which you feel respected. You can communicate with the other person and you are both equal.

An unhealthy relationship is...

A relationship in which there is verbal or physical violence. There is a lack of respect and someone may try to control you.

Behaviours to categorize

1. A person who comforts me.
2. A person who asks me to keep a bad secret.
3. A person who decides for me.
4. A person who helps me when I am in need.
5. A person who makes me laugh.
6. A person who criticizes me.
7. A person who insults me.
8. A person who listens.
9. A person who constantly teases me.
10. A person who apologizes when they acted wrongfully.

**HEALTHY
RELATIONSHIPS**

**UNHEALTHY
RELATIONSHIPS**

Food for thought...

There are always solutions when someone’s behaviour bothers you. Here are a few suggestions:

- Confide in a friend.
- Tell the person how you feel.
- Distance yourself from this person.
- Ask for help from a safe adult.
- Spend more time with your other friends.

ANSWERS

Healthy Relationships:

- 1. A person who comforts me.
- 4. A person who helps me when I am in need.
- 5. A person who makes me laugh.
- 8. A person who listens.
- 10. A person who apologizes when they acted wrongfully.

**HEALTHY
RELATIONSHIPS**

1 4 5

8 10

Unhealthy Relationships:

- 2. A person who asks me to keep a bad secret.
- 3. A person who decides for me.
- 6. A person who criticizes me.
- 7. A person who insults me.
- 9. A person who constantly teases me.

**UNHEALTHY
RELATIONSHIPS**

2 3 6

7 9