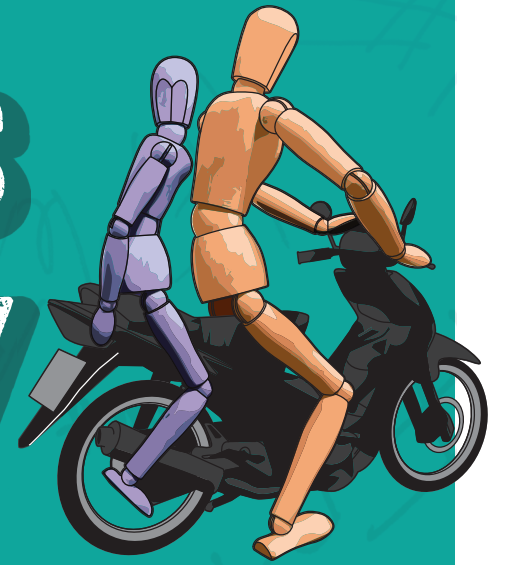


# HEALTHY vs UNHEALTHY



## ASSESS YOUR RELATIONSHIP

### SIGNS OF AN UNHEALTHY RELATIONSHIP

I can't be who I am without the other person trying to change me, or make fun of things I like.

I can't say no without the other person getting upset with me.

I'm stressed, I'm upset, I'm fine one minute and angry the next.

I feel like I want to control what the other person says or does, and it makes me treat them without respect.

### QUESTIONS TO ASK

**CAN I BE MYSELF?**

NO

YES

**CAN I SAY NO?**

NO

YES

**AM I HAVING FUN?**

NO

YES

**AM I TREATING OTHERS WELL?**

NO

YES

### SIGNS OF A HEALTHY RELATIONSHIP

I can dress how I want, talk to who I want, like what I want, and my friend will still like me.

I can say no without...

- Being put down for it
- Pressure
- Force
- Fear of scary consequences

I feel like myself, and there's more fun than drama.

I can let others be themselves, treat them how they want to be treated, and let them say no.

### ROB & PRIYA'S STORY

Rob: "Let's go see this scary movie!"

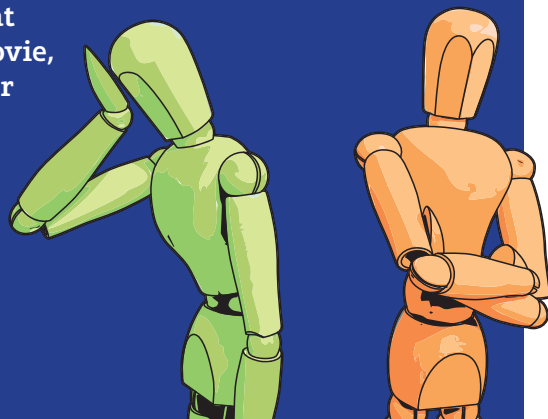
Priya: "I don't like scary movies. They give me nightmares."

Rob: "You'll love it! You're going to be fine. I need someone to go with so I don't look lame. Seriously, you don't hate scary movies. . . . You just think you do."

Priya, thinking: "Maybe Rob's right. Besides, he's so cool!"

They see the movie.

Priya hates it. She has bad dreams for months. Rob brags to everyone that he saw the super scary movie, and makes fun of Priya for being a scaredy-cat.



### ROB & PRIYA'S STORY, VERSION 2

Rob: "let's go see this scary movie!"

Priya: "I don't like scary movies. They give me nightmares."

Rob: "Really? Is it really that bad for you?"

Priya: "Yes! I have bad nightmares. I have them for months, and I can't fall asleep"

Rob: "Oh, man. I guess that does sound pretty bad. Well, what movie do you want to see?"

Priya: "Air Fighter 9!"

Rob: "Eh, it's my second choice, but I'll go with you. I guess I can see the scary movie later."

Rob and Priya see Air Fighter 9, and they have a great time. After the movie, they're so excited over the special effects they can't stop talking about it. They can't wait to see another movie together. Priya thinks one day, maybe, she'll be ready for the scary movie, but there's no hurry.

Only Priya knows her limits, and only you know your limits, whether it's about movies, your body, or otherwise.