

Healthy vs Unhealthy Flashcard Answer Key



Healthy Scenarios

1.) YOU ARE AT A PARTY AND YOU OVERHEAR YOUR PARTNER SAYING NICE THINGS ABOUT YOU TO THEIR FRIENDS.

The way a partner talks to their friends can often tell us about their character. If they are supportive of you when talking with their friends, this is healthy.

2.) YOUR PARTNER SURPRISES YOU AT WORK. YOU TELL THEM YOU CAN'T HAVE VISITORS WHEN YOU ARE THERE AND THEY RESPECT THIS.

When we set boundaries or limits with a partner, respecting them means they respect us.

10.) YOUR PARTNER ENCOURAGES YOU TO DO THINGS THEY KNOW ARE IMPORTANT TO YOU, EVEN THOUGH THEY DON'T PERSONALLY ENJOY THEM.

Healthy relationships have mutual support. It is important to spend time doing things you like to do while you are dating. Time apart is a vital part of healthy relationships.

11.) YOUR PARTNER BUYS YOU A GIFT FOR NO REASON AT ALL.

Gifts show that a partner cares about us. As long as there is no expectation for something in return, this is healthy.

12.) YOUR PARTNER ASKS BEFORE KISSING YOU.

Open communication is a key element of healthy relationships. Asking before any physical contact shows the other person you are respectful of their body and personal space.

13.) YOU KNOCKED OVER A GLASS OF WATER ON YOUR PARTNER'S HOMEWORK. THEY SAY "THAT'S OKAY. IT'S JUST WATER AND IT WILL DRY."

Accidents happen. Being able to respect a partner, even when we are frustrated, is a healthy action.

14.) YOU TELL YOUR PARTNER THAT YOU HAVE LOST INTEREST IN DATING THEM AND THEY ACCEPT YOUR FEELINGS WITH GRACE, EVEN THOUGH THEY FEEL DISAPPOINTED.

Break-ups are a relationship reality. If the relationship is healthy, each partner is able to make their own decisions regarding the relationship. Break-ups might be awkward, but they don't have to be a battle.

Healthy Scenarios Continued

17.) YOUR PARTNER ASKS YOUR OPINION ON IMPORTANT ISSUES AND VALUES WHAT YOU HAVE TO SAY.

Understanding a partner's point of view and respecting each other when there are different opinions is healthy. Partners might not always agree, but having collaborative discussions is an essential component of communication.

19.) WHEN YOU FEEL DISRESPECTED BY YOUR PARTNER, YOU ARE ABLE TO TALK ABOUT IT.

Sometimes a partner might not know what you want or need from them. Being able to address times when you feel disrespected or uncomfortable is healthy and can increase feelings of safety.

25.) YOU HAVE BEEN AT A KARATE TOURNAMENT ALL WEEKEND. WHEN YOU GET BACK, YOU FIND A NOTE WITH A KIND MESSAGE IN YOUR LOCKER.

Time spent apart is a really important part of healthy relationships. Having a partner support your involvement in sports, hobbies, or extracurricular activities is great!

26.) WHEN YOU TELL YOUR PARTNER YOU ARE NOT INTERESTED IN HAVING SEX WITH THEM, THEY TELL YOU THEY WILL WAIT UNTIL YOU ARE READY.

While sex can be a piece of some relationships, it is not a requirement. Having open conversations about sex is a really important part of healthy relationships.

27.) YOUR PARTNER WANTS TO MEET YOUR FAMILY AND CARES ABOUT WHAT THEY HAVE TO SAY.

Whenever a partner feels that they cannot be honest with their family about who they are dating, this is a red flag and can indicate a concern.

29.) YOUR PARTNER CALLS YOU AFTER SCHOOL JUST TO SEE HOW YOUR DAY WAS.

Checking in with each other can be a healthy part of relationships. Knowing that a partner cares about you and your wellbeing can feel amazing!

31.) YOU KNOW THAT YOU CAN TELL YOUR PARTNER "NO" EVEN IF THEY WILL BE DISAPPOINTED.

Maintaining boundaries by saying "no" is a really important yet really challenging thing. When we put our partner's wants and needs above our own, that can be a red flag or warning sign that things are not ok.

32.) YOUR PARTNER TALKS WITH YOU AND MAKES SURE YOU BOTH AGREE ON PLANS.

Collaboration is such a vital part of communication. Balance between partners and equality in decision making makes a relationship healthy.



Unhealthy Scenarios

3.) YOU ARE LATE MEETING YOUR PARTNER. THEY SHOVE YOU AGAINST THE WALL AND DEMAND TO KNOW WHERE YOU WERE AND WHY YOU ARE LATE.

Physical violence is always unhealthy. There is no excuse for this.

4.) YOUR PARTNER CONTINUALLY TRIES TO GET YOU TO STAY OUT LATER THAN YOUR PARENTS ALLOW. SOMETIMES THEY TELL YOU TO LIE IN ORDER TO STAY OUT PAST CURFEW.

Respecting family rules is really important. A partner that expects us to do what they say and disrespect our parents is not valuing your family or you.

5.) YOU STAY AFTER SCHOOL FOR A CLUB MEETING. YOUR PARTNER GETS VERY ANGRY WITH YOU AND ACCUSES YOU OF CHEATING ON THEM BECAUSE YOU WERE NOT WITH THEM.

If partners trust each other, there would not be accusations or suspicions of cheating. Without trust, a relationship cannot be healthy.

6.) YOUR PARTNER SAYS THEY WILL KILL THEMSELVES IF YOU LEAVE THE RELATIONSHIP.

It is not a person's responsibility to keep a partner alive. Threats or guilt trips take away an individual's ability to make their own decisions, which is unhealthy. Connecting a suicidal partner to resources (like a school counselor, coach, school resource office, crisis hotline) can be helpful, but it is not your responsibility if they use these resources or not.

7.) YOUR PARTNER TELLS YOU THEY DON'T LIKE YOUR FRIENDS AND THAT YOU SHOULDN'T HANG OUT WITH THEM ANYMORE.

When partners spend all of their time together or one of the partners is isolated from their friends and family, this is a red flag or warning sign that this is not healthy.

8.) YOUR PARTNER WANTS YOU TO CHANGE THE WAY YOU DRESS AND WHO YOU SIT WITH AT LUNCH.

In a healthy relationship, a partner would embrace and support your style and friends. When a partner tries to change things about us, this shows that they do not respect us.

9.) YOUR PARTNER LEAVES YOU SOMEWHERE AND MAKES YOU WALK HOME AFTER AN ARGUMENT TO "TEACH YOU A LESSON".

When a partner puts us in an unsafe situation this is not ok. There is no justification for leaving someone without transportation home.

15.) YOU HAVE BECOME SECRETIVE, ASHAMED, OR HOSTILE TOWARD YOUR PARENTS BECAUSE OF YOUR DATING RELATIONSHIP.

When we feel that we have to hide the truth about a partner, this is not ok. If the way we treat others or ourselves has changed, this is a warning sign that the relationship is unhealthy.

Healthy vs Unhealthy Flashcard Answer Key

Unhealthy Scenarios Continued



16.) YOUR PARTNER IS HELPING YOU WITH YOUR HOMEWORK AND KEEPS CALLING YOU STUPID BECAUSE YOU HAVE ASKED SEVERAL QUESTIONS ABOUT THE ASSIGNMENT.

Name calling is emotionally abusive. Name calling is never part of a healthy relationship.

18.) YOUR PARTNER ALWAYS SEEMS TO WAIT UNTIL YOU ARE WITH FRIENDS TO MAKE FUN OF THE WAY YOU LOOK. WHEN YOU ASK THEM TO STOP, THEY TELL YOU IT WAS JUST A JOKE.

This is an example of minimization, or downplaying the intensity or importance of a situation. If you do not like the way a partner is treating you, that is a big deal. A healthy partner would not laugh off your concerns.

20.) YOU ARE BECOMING AFRAID OF YOUR PARTNER BECAUSE THEY ARE ALWAYS YELLING AT YOU AND HAVE THREATENED TO HIT YOU.

Fear is a warning sign that things are not ok and might be unsafe. Trust your gut feeling and reach out to an adult you trust.

21.) YOUR PARTNER ACCUSES YOU OF FLIRTING WHEN YOU TALK TO OTHER PEOPLE IN YOUR CLASS.

Distrust and accusations are red flags of unhealthy relationships. This means there is not open communication and a balance between partners.

22.) YOU HAVE TO GIVE YOUR PARTNER A DETAILED ACCOUNT OF YOUR DAY JUST TO PLEASE THEM.

If there are things you want to share with a partner, you are welcome to do that. Also, we are allowed to have privacy in a relationship and can decide what things we would rather keep to ourselves.

23.) YOUR PARTNER IS ANGRY AT YOU AND DRIVES THE CAR IN A DANGEROUS WAY WHEN THEY TAKE YOU HOME.

When a partner disregards our safety, and their own safety in this case, this is unhealthy. This shows that the partner does not respect the person they are with.

24.) YOUR PARTNER SAYS THINGS LIKE “IF YOU LOVE ME YOU WOULD JUST...”

This is an example of manipulation, or using guilt or shame to change a person’s actions. Love is not about compelling someone to do what you want them to do.

28.) YOUR PARTNER CONSTANTLY TEXTS YOU DURING THE SCHOOL DAY AND WHILE YOU ARE AT WORK, EVEN THOUGH YOU HAVE ASKED THEM NOT TO.

When a partner does not uphold the boundaries or expectations we have set, this shows that they do not respect us.

30.) YOU FIND YOURSELF APOLOGIZING TO OTHERS WHEN YOUR PARTNER IS TREATING YOU IN A MEAN WAY.

If you are apologizing for a partner’s behavior, that is an indication that things are not ok. A partner’s actions are not your responsibility.

Healthy vs Unhealthy Flashcard Answer Key