

## Activity – Relationship Cards.

**GOOD**

Tick if you think it is good or bad in a relationship.

**BAD**

Being comfortable with each other

Feeling as if you have to say sorry all the time

Being affectionate hugs & kisses all the time.

They are always with you so you are safe & protected.

They make you feel supported.

You feel free to be yourself around them.

They are always checking your phone.

They say mean things to you.

Not cheating on each other.

They are always changing their relationship status.

Sharing the same interests.

You both trust each other.

Making you keep uncomfortable secrets.

**GOOD**

Tick if you think it is good or bad in a relationship.

**BAD**

Encouraging you to do well.

Sulking / getting moody when you go out with your mates.

Feeling safe when they are with you.

They say 'if you loved me you would'.

Always texting or messaging you.

You are careful what they say around you.

They joke about you in front of their friends.

Gets on with your family & friends.

Makes you do things you do not want to.

Says things that make you question yourself.

Questioning what you wear when you go out.

Not arguing all the time.

Celebrating your achievements