

YOUR RELATIONSHIPS MATTER

Student Worksheet



POWER[™]
OVER PREDATORS

Please answer these questions honestly. Your answers are anonymous.

Age: _____ Grade: _____ School: _____

Gender: ___ male ___ female ___ I'd rather not say

ACTIVITY 1: Common Relationships

Which of the following relationships apply to you? Circle/select all that apply.

Friend	Student	Teammate	Boyfriend	Niece	Classmate	Nephew
Relative	Son	Girlfriend	Daughter	Sister	Brother	Employee

ACTIVITY 2: Can You Relate?

Draw a line to the word of truth that replaces each accusation.

Liar	Caring
Worthless	Honest
Insensitive	Faithful
Cheater	Free
Trapped	Priceless

ACTIVITY 3: Key Characteristics

Write down five crucial characteristics to a supportive relationship. Add any additional ones you think are important.

- 1.
- 2.
- 3.
- 4.
- 5.

ACTIVITY 4: Signs of an unhealthy relationship.

Check any you are familiar with.

- Makes you feel guilty if you don't do or give them what they want
- Doesn't respect what is important to you
- Puts you down or says mean things to you
- Gets jealous if you hang out with others
- Asks you to do things you'd regret
- Begs for your money or other possessions
- Blames you for things they do
- Apologizes and says they will change, but they don't

KNOWLEDGE CHECK

1

Which of the following actions is a sign of an abusive relationship?

- A. Hanging out with other friends
- B. Verbal humiliation
- C. Doesn't text enough

2

Safe and supportive relationships usually happen quickly.

- True
- False

3

Consider the following scenario: Jen gets jealous when Jill hangs out with her other friends. She lays a guilt trip on her and posts mean things about her online. How should Jill respond?

- A. Block her and end the relationship
- B. Get even and post mean things about Jen online
- C. Use an "I" statement and let Jen know she deserves to have other friends too
- D. Send an angry emoji or snap

COURSE EVALUATION

1. What was something you learned that you did not know before?

2. What steps will you take as a result of what you learned today?