

# Types of Relationships

## Friends

People who share common interests, goals and love for one another. These relationships are created & continued by choice.

- ♥ Friends show respect for one another by asking for consent, using the proper pronouns, and saying "Thank you!"
  - ♥ Friends support, encourage, and push one another in a positive direction by being good listeners, sharing ideas and holding you responsible for your mistakes.
  - ♥ Friends build trust by being honest, keeping their promises, sharing their feelings, and spending time with one another.
  - ♥ Friends show compassion when they do not judge or shame one another for mistakes and differences.
- ~~✗ Friends will give and share with one another. You should never be the ONLY person giving and sharing.~~

Watch the AMAZE video  
[What Makes A Relationship Healthy?](#)

## Authoritative Adults

An adult who has been trusted to protect you, help you & guide you towards positive actions using the power they have over your actions & life.

- ♥ This adult may be your teacher, a police officer, your parent or an older family or community member. They have a limited amount of power over your actions.
  - ♥ These adults have been trusted to keep you safe. They may provide safety for you by asking for consent or permission before touching you.
  - ♥ An adult may show respect towards you by listening to you, acknowledging your presence, being honest, calling you by your name, and using the correct pronouns.
- ~~✗ Not every adult you meet will have authority over you. Check with your parents when you are unsure. An adult may be physically stronger than you but should never cause you to feel unsafe in your body.~~
- ~~✗ No adult should EVER ask you to keep secrets from your parents. If they do, tell an adult that you trust.~~

Watch the AMAZE video  
[Finding An Adult That You Can Trust](#)

## Romantic Partner

A person with whom you share a strong emotional, mental, and/or physical attraction & CHOOSE to commit time, energy & resources to aid in the growth of the relationship.

- ♥ A healthy romance should begin as a friendship and be a mutual agreement between both or all partners.
  - ♥ Romantic partners should be open and honest, comfortable discussing the difficult topics that may affect them such as sexuality, money, mental health, etc.
  - ♥ A healthy partnership allows members to grow outside of the relationship as well. Goals, interests, and hobbies may be shared between partners but each partner may also pursue separate interests without the other.
- ~~✗ A romantic partner should NEVER lie, cheat, pressure, trick or force you to do something you do not want to do.~~
- ~~✗ A romantic partner should never try to shame you, hide you away from their family and friends or change who you are.~~

Watch this video from AMAZE  
[How To Know If You're In Love](#)

## Followers/Believers

A person that supports and admires another person, thing or idea. A follower may choose to imitate the behavior of their leader/influencer & accept their opinions and teachings as their own.

- ♥ Followers/believers & leaders/influencers are not friends but can become friends over time if they choose. However, friendships require all members to be treated and viewed as equals. This can be very difficult because of the imbalance of power.
  - ♥ Followers, believers, and leaders remember that attention & "likes" does not equal love or affection.
  - ♥ Texting & social media make it easy for people to develop an emotional attachment to people that they do not know. Followers, believers & leaders will have boundaries & may not share personal details about their life such as their address, financial status or phone number.
- ~~✗ Imitating or admiring an influencer or leader can become unhealthy when you emulate their behavior without questioning it or compare your life to theirs. Sometimes, communities of followers can become cults. Always question, investigate and test before blindly following.~~
- ~~✗ Constant social media is not healthy! Spend more time on your relationships offline.~~

These harmful behaviors are **NOT** okay in **ANY** relationship

- Physical abuse (hitting, fighting)
- Dishonesty
- Judging & shaming
- Manipulation



# Types of Relationships:

## ♥ Healthy Vs Unhealthy ✗

Read the examples below and label the relationship type.  
Circle whether it is healthy or unhealthy.

### Authoritative Adult

Your neighbor Mr. Kran surprises you as you are walking home from school and offers to walk home with you. He asks you to promise that you won't tell your parents about the walk. If you keep it a secret, he will buy you anything you want!



Healthy

~~Unhealthy~~

Your good friend Camren has come over to your house to play video games after school. Before leaving, he asks to borrow a video game to take home. You don't feel comfortable loaning him the game & you are afraid he may become angry with you if you tell him no. You decide to truthfully say "No, I'm sorry." Camren says "Ok, no problem! Can I come back next weekend to play it?" Relieved, you reply "Sure!"



~~Unhealthy~~

Lucas has been working hard to achieve a junior varsity spot on his sports team. His dad believes that he needs to toughen up so that he can succeed. To prepare him, sometimes he randomly surprises Lucas with a hard punch to his arm & says "I love you but you need to learn to take a hit, son."



~~Unhealthy~~

Yesterday, you posted a video on TikTok & you gained 1,000 followers! Your follower, @\_2cool4u, is so nice! They always tell you how much they love you! They would like to exchange numbers with you & become friends. You thank them, but tell them that you can not share your number with them. @\_2cool4u is hurt and decides to unfollow you.



~~Unhealthy~~

Your friend called you yesterday and said "I really like you. Would you go on a date with me to the movies?" You said "I don't know if I feel the same way but we could try." After your date, you decide that you don't want to continue to date as romantic partners and you just want remain friends. Your decision causes your friend to become very sad.



~~Unhealthy~~

You and Taylor have been dating for 1 year. You think about them all the time & are sure that you're in love with them! But at school, and around their friends and family, they don't like to speak to you, hug you or hold your hand. They show you that they love & care for you only when you two are alone.



~~Unhealthy~~

### THINK ABOUT IT

Do you compare yourself to others when you see their social media posts?  
Are there ways you can avoid doing this?



# Types of Relationships:

## ♥ Healthy Vs Unhealthy ✗

### Answer Sheet

#### Authoritative Adult

An adult asking you to keep a secret from your parent or guardian is never ok!

Your neighbor Mr. Kran surprises you as you are walking home from school and asks you to walk home with you. He asks you to promise that you won't tell your parents about the walk. If you keep it a secret, he will buy you anything you want!

♥ Healthy

✗ Unhealthy

#### Friendship

Your good friend Camren comes over to your house to play a video game after school. Before you borrow a video game, you don't feel comfortable borrowing the game & you are nervous. You become angry with your friend. You decide to truthfully say "I'm sorry." Camren says "Ok, no problem! Can I come back next weekend to play it?" Relieved, you reply "Sure!"

You've been a great friend to Camren by being honest and facing your fear of saying no. Camren has also been a great friend by accepting your response.

♥ Healthy

✗ Unhealthy

#### Authoritative Adult

Violence is never ok!

Lucas has been working hard to earn a junior varsity spot on his basketball team. His dad believes that he needs to be toughened up so that he can succeed. To prepare him, sometimes he randomly surprises Lucas with a hard punch to his arm & says "I love you but you need to learn to take a hit, son."

♥ Healthy

✗ Unhealthy

#### Follower & Influencer

Yesterday, you posted a video on Tok & you gained 1,000 followers. A follower, @\_2cool4u, is so nervous they always tell you how much they like you. They would like to exchange numbers with you & become friends. You share your number with them, but @\_2cool4u is hurt and decides to unfollow you.

As a leader and influencer, you have demonstrated a healthy and responsible way to appreciate and respond to your follower.

♥ Healthy

✗ Unhealthy

#### Romantic Partner/ Friendship

You've been an awesome friend and partner by being honest with your friend about your feelings for them although it caused them to be sad.

Your friend called you yesterday and said "I really like you. Would you go on a date with me to the movies?" You said "I don't know if I feel the same way but we could try." After your date, you decide that you don't want to continue to date as romantic partners and you just want to remain friends. Your decision causes your friend to become very sad.

♥ Healthy

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#### Romantic Partner

You and Taylor have been dating for a year. You think about them all the time. You are sure that you're in love. But at school, and around your friends and family, they don't like you. You hug you or hold your hand. They show you that they love & care for you only when you two are alone.

Anytime someone ignores you or hides their relationship with you from the other people in their life, this is unhealthy!

♥ Healthy

✗ Unhealthy

