



Types of Relationships



There are many types of relationships. All relationships require each person to work together. Relationships are like plants. In order to keep them healthy and growing, we need to water them with healthy behaviors. Review two types of relationships below, how to water them, and which behaviors may cause the relationship to become healthy or unhealthy..

FRIENDS

are people who share common interests, goals and care for one another. Friends add to your joy and share your sadness.

AUTHORITATIVE ADULTS

are adults who have been trusted to protect you, help you & guide you toward positive actions using the power they have over your actions & life. Not all adults have authority over you.



You can meet a friend anywhere. With your friends you learn to work, play and explore together.



Friends show respect by asking for consent before hugging, playing or using one another's toys.



Friends don't always agree but they listen to one another, use kind words and make peace.



Friends build trust by being honest, keeping their promises, sharing their feelings and spending time with one another.



Giving and sharing should be done by both friends. If only one friend shares, the relationship can become unhealthy.



A friend should never judge you, call you names or make you feel ashamed because of your differences.



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 but should never abuse their power by hurting you.



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, and calling you by your name. You return this respect by doing the same.



An adult may be physically stronger than you but should never cause you to feel unsafe in your body. If this happens, you should always tell another adult that you feel safe around. Make a list with your parent of adults that you feel you can talk to when you feel unsafe.



No adult should EVER ask you to lie or keep secrets from your parents. If they do, tell a trusted adult.

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

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



Types of Relationships:

Healthy Vs Unhealthy

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

Authoritative Adult

Uncle Jay stretched his arms out toward his Carl for a hug. Carl steps back and says "No, thank you. I don't want a hug right now. Maybe another time." Uncle Jay smiles and says "Ok!"

Healthy

Unhealthy

Zuri's neighbor, Mr. Abram, recently lost his wife to cancer. Zuri decided she would ask her dad to help her to prepare Mr. Abram's favorite snack, chocolate chip cookies! Zuri and her dad went over to Mr. Abram's the next day with snacks, fresh fruit and a board game.



Gabriel's teacher Ms. B catches them writing on the wall with marker! Gabriel knows they're in trouble and will need to sit in time out for 5 minutes. Before sending Gabriel to the time out corner, Mr. B

POPS!

Gabriel's hand!

OUCH!

Sam's friend Taylor comes over to his house to play on Saturdays. Sam goes to the bathroom, and after finishing, accidentally begins to zip up his pants before putting his penis away. He runs out of the bathroom crying to tell his parents "Help! I hurt my penis!" Taylor hears Sam and begins to laugh! "Ewww! Why would you say that word?! Just say 'wee wee'. Penis is yucky!" says Taylor.



Sarah uses the pronouns he/him. For Sarah's first day at school, he introduces himself to his new teacher and classmates. His classmates laugh and refuse to call Sarah by his pronouns. They shout "You're not a boy, you're a girl!" His new teacher doesn't say or do anything to correct Sarah's classmates.

After Jamie finishes their homework, their parents usually allow 2 hours of tv or tablet use. After one hour, Jamie's dad says "We have a visitor. Today, we'll need to cut your play time short. Sorry!" Jamie, turning off the tv, is very angry.

Relationship Types Answer Sheet

Some answers may be open to interpretation depending on context and how your child is relating to it. It is most important is that they understand the concept and can tell you why they chose their answers in discussion. Critical thinking requires that we all use our imagination. Be flexible, open-minded, ask why and accept that there may not be a "right" answer. Ask how they would react to the situation, and how to get help and support if needed.

Authoritative Adult

Uncle Jay is very respectful and understanding of Carl. He does not become angry or upset with Carl.

Carl stretched his arms out toward Uncle Jay for a hug. Carl steps back and says "No, thank you. I don't want a hug right now. Maybe another time." Uncle Jay smiles and says "Ok!"



Friendship

Zuri's neighbor, Mr. Abram lost his wife to cancer. Zuri is sorry for Mr. Abram and asks her dad to help her to bring Mr. Abram's favorite snack, cookies! Zuri and her dad went over to Mr. Abram's the next day with snacks, fresh fruit and a board game.

What a true friend Zuri is to Mr. Abram. Zuri shares his sadness and decides to add to his joy by visiting him and cheering him up!



Authoritative Adult

Violence is never ok!

Gabriel's teacher Ms. B catches them writing on the wall with marker! Gabriel knows they're in trouble and will need to sit in time out for 5 minutes. Before sending Gabriel to the time out corner, Mr. B **POPS!** Gabriel's hand!



OUCH!

Friendship

Sam's friend Taylor comes over to his house to play on Saturdays. Sam goes to the bathroom, and after finishing, begins to zip up his pants before putting his penis away. He runs out of the bathroom crying to tell his parents "Help! I hurt my penis!" Taylor hears Sam and begins to laugh! "Ewww! Why would you say that word?! Just say 'wee wee'. Penis is yucky!" says Taylor.

Taylor is shaming Sam for his choice of words to describe his body & does not care that Sam is hurt.



Authoritative Adult

Sarah's teacher has the authority to stop the shaming and teasing being done to her by her classmates but instead remains quiet.

Mr. B uses the pronouns he/him. For Sarah's first day at school, he introduces himself to his new teacher and classmates. His classmates laugh and refuse to call Sarah by his pronouns. They shout "You're not a boy, you're a girl!" His new teacher doesn't say or do anything to protect Sarah.



Authoritative Adult

After Jamie finishes their homework, their parents usually allow 2 hours of tv or tablet use. After one hour, Jamie's dad says "We have a visitor. Today, we'll need to cut your play time short. Sorry!" Jamie, turning off the tv, is very angry.

Having negative feelings after your parents deny a privilege or request is normal. Jamie's dad respectfully tells Jamie that the privilege will be shortened and apologizes because he knows Jamie will not agree. We will not always agree with or understand our parents but trust that they are making the best choices for you.

