Student:_____

A little respect

People have different ideas of what they want from a relationship.

Some want a casual relationship, some want romance, some want sex, others want someone to be close to.

It can take time to find someone who wants the same as you.

Then there's pressures from friends and family about relationships. Like if all of your friends have boyfriends/girlfriends and you don't.

Or if your family don't want you to be in a relationship. And what if you're attracted to someone of the same sex?

With all these pressures, it's hard to work out what you want. Sometimes you might find yourself just going along with what other people want.

It's ok to take your time and ask yourself

What do I want from a relationship?

What don't I want?

What things do I like about someone?

What don't I like?

"I want someone who doesn't have to rely only on me... someone who wants me to have my own friends, my own life - where we trust each other." Ari

WHAT A *Good* RELATIONSHIP LOOKS LIKE?

I can be myself around him. ☐

"We just have fun together and like being around each other." ☐

"We see each other all the time. Neither of us have time for our friends." ☐

"She's got her own interests- like she is really into sports. I don't like that. She should spend more time with me." ☐

"He's really into my looks. He often chooses what looks good on me." ☐

"I don't always agree with her opinions but it's interesting to hear what she's got to say." ☐

"She always gets jealous when I talk to other girls, so I don't have any female friends." ☐

"We do have fights but we're pretty good at listening to each other and compromising." ☐

LIVEWORKSHEETS

Student:_____

RESPECT CHECKLIST

Someone respects you when they accept that you have a right to do and say what you want.

If someone treats you with respect...

YOU FEEL FREE TO

no!

- say no to things you don't want to do
- express your opinions & beliefs
- see other friends & family when you want

yes!

- change your mind
- end the relationship if you want to.

AND YOU FEEL

- supported to make your own decisions
- safe and never scared
- good about yourself

Think about *how you feel* in your relationship, or in your friendships.

Being around people who respect you and accept you for who you are helps to build your confidence.

We all deserve to be treated with respect.

2. Find the following words. Mark the ones that have positive connotation.

- ☐ Threatened
- ☐ Trusted
- ☐ Respected
- ☐ Understood
- ☐ Accepted
- ☐ Scared
- ☐ Controlled
- ☐ Protected
- ☐ Hurt
- ☐ Fought
- ☐ Supported
- ☐ Lied
- ☐ Forbade
- ☐ Upset

E	H	Y	T	R	U	S	T	E	D	A	S
S	U	P	P	O	R	T	E	D	E	C	C
U	R	N	F	E	C	T	A	L	C	O	A
R	T	D	D	T	I	M	O	I	F	N	R
E	D	R	B	E	C	T	N	E	R	T	E
S	A	D	F	O	R	B	A	D	E	R	D
P	U	R	X	F	Y	S	R	B	U	O	V
E	P	R	O	T	E	C	T	E	D	L	S
C	S	A	R	H	O	L	H	O	T	L	R
T	E	D	V	T	B	U	K	S	O	E	B
E	T	A	C	C	E	P	T	E	D	D	O
D	E	V	U	L	S	F	O	U	G	H	T
E	T	H	R	E	A	T	E	N	E	D	G

LIVEWORKSHEETS