

HEALTHY ME

Building a healthy relationship with yourself is the first step to creating a foundation of self-respect, self-love, and self-trust that can then be applied to your connections with others

Healthy relationship qualities:

Honesty

Respect

Equality

Independence

Boundaries

Trust

Consent

Communication

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conversations!

Questions to ask:

How do I define each of these qualities in my own life?

What does building trust with myself, my feelings, and my choices look like?

What are some things/actions that make me comfortable or uncomfortable?

What are some ways to build respect for myself?

Remember that there are as many hearts as there are heads in the world – this means every individual has a unique perspective on what healthy connections mean to them in their own life. Once we dive deeper into what each quality looks like and feels like for each individual within their own unique lens of life (“Healthy Me”), then we can begin to apply these qualities with other connections in our lives and build a “Healthy We”.

HEALTHY ME

Self-Care Affirmations from Teens

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Take time away
from negativity

You were okay
without them before,
you'll be okay after

Your feelings are valid

You are not alone, there is
someone that will help you
& wants to

Choose people who fill
your cup with
sunshine and not rain

You are in control of
your actions

Focus
on
YOU

“
Put yourself first
”

You are worth it

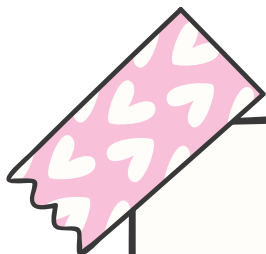
You deserve to be
happy, even if that
means leaving

“
Change starts with
you
”

**these affirmations were contributed by Middle and High School students.*



Knowing Yourself



WHAT MAKES YOU HAPPY? LIST TWO ACTIVITIES THAT BRING YOU JOY.



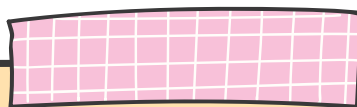
HOW DO YOU RESPOND TO STRESS? LIST TWO TYPICAL REACTIONS THAT YOU HAVE.



HOW DO YOU TAKE CARE OF YOUR PHYSICAL SELF? LIST TWO THINGS YOU DO TO TAKE CARE OF YOUR BODY.



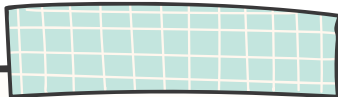
WHICH ATTACHMENT STYLE DO YOU HAVE? WHAT HELPS YOU INDICATE THIS?



Knowing Yourself



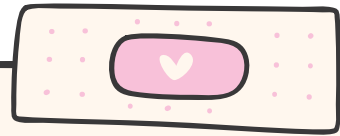
WHAT ARE YOUR STRENGTHS AND WEAKNESSES? BE HONEST WITH YOURSELF AND LIST THREE OF EACH.



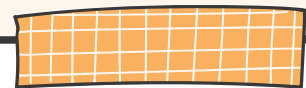
WHAT ARE YOUR CORE VALUES? LIST AT LEAST TWO VALUES THAT ARE IMPORTANT TO YOU.

1.

2.

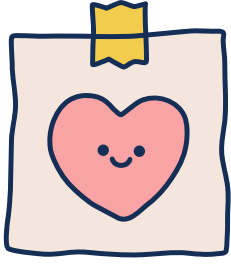


WHAT IS YOUR PERSONALITY TYPE? ARE YOU MORE INTROVERTED, EXTROVERTED OR A LITTLE OF BOTH?

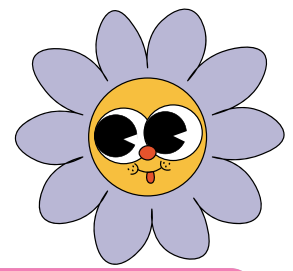


WHAT DO YOU NEED IN YOUR CLOSE RELATIONSHIPS TO FEEL MORE SECURE?





WHAT'S MY COMMUNICATION STYLE?



WHEN YOU'RE ANGRY / UPSET / FRUSTRATED, HOW DO YOU REACT?

I REACT BY:

Circle as many reactions that apply to you!

- YELLING
- SILENT TREATMENT
- PETTY COMMENTS
- WALKING AWAY
- FEELING DEFENSIVE
- CRYING
- SHUTTING DOWN
- OTHER: _____

HOW CAN YOU CHOOSE TO REACT DIFFERENTLY?

List at least two things you can do for healthier communication

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HOW CAN YOUR REACTIONS AFFECT SOMEONE ELSE?

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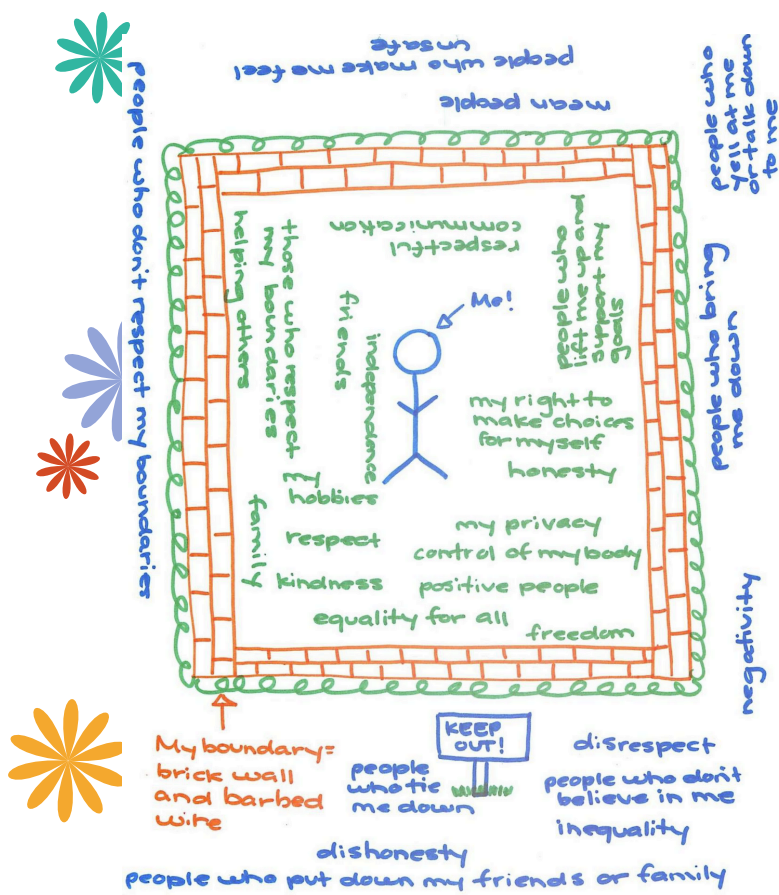
HOW DO YOU FIGURE OUT HOW TO COMMUNICATE WITH SOMEONE WHO HAS A DIFFERENT COMMUNICATION STYLE THAN YOU?



BOUNDARIES ACTIVITY

You will be creating a drawing of what your personal boundaries would look like if you could actually see them.

- Your boundaries can be anything and can take any shape or form you'd like.
- Think about what your boundaries are made of (e.g. paper, brick, concrete, fences, force fields, bubbles, words, signs, magic, etc.).
- How can you best represent your boundaries with colors, lines, symbols, and shapes?
- While you're drawing your boundaries, think about who you let in and who you keep out. Write the people, things, or qualities that are important to you inside your boundaries. Include the things that bring you happiness and make you feel comfortable and safe.
- On the outside of your boundaries, write the things you want to keep out of your comfort zone, or the things you're protecting yourself from. Think about the things that make you feel uncomfortable or unsafe. Like we said earlier, you determine who comes close to you based on what you're comfortable with.



INSIDE: Write the people, things, or qualities that are important to you inside your boundaries. Include the things that bring you happiness and make you feel comfortable and safe.

OUTSIDE: On the outside of your boundaries, write the things you want to keep out of your comfort zone, or the things you're protecting yourself from. Think about the things that make you feel uncomfortable or unsafe.

ARE YOU A **TRUSTED ADULT?**

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Only 33% of teens
ever tell anyone that they are experiencing abuse.

TRUSTED ADULTS ARE AN ESSENTIAL PART OF CREATING SAFER SPACES FOR TEENS TO HAVE FOUNDATION TO BUILDING HEALTHY CONNECTIONS WITH THEMSELVES AND OTHERS, AND TO SPEAK UP AND RECEIVE SUPPORT IF THEY EXPERIENCE AN UNSAFE, ABUSIVE RELATIONSHIP.

Take a look at the criteria of a trusted adult below. How can you apply each of these qualities of a trusted adult into your own life and supportive connections with teens?

Non-Judgemental

A trusted adult is **NON-JUDGEMENTAL**. They can relate to a teen's experiences within their community, and helps them work through issues in their own way.

Reliable

A trusted adult is someone who is **RELIABLE** by being available to youth, being honest, and holding them accountable in a consistent way.

Active Listening

A trusted adult is someone who is a **GOOD LISTENER** and gives a teen the space to open up with no expectations.

A trusted adult does not need to have all the answers or know exactly the right thing to say. Being present and listening goes a long way.

Upholds Boundaries

A trusted adult is someone who upholds and respects clear **BOUNDARIES** and limits. Modeling healthy behaviors such as respecting and upholding boundaries provides a learning pathway that encourages teens to do the same.

Make time to check in with yourself, your knowledge about Teen Dating Violence, and actively prevent victim-blaming as a trusted adult.