

Healthy Relationships Checklist

“How Do I Know If This Is a Healthy Relationship?”

Name: _____

Date: _____

Directions: Read each statement. Check **Yes**, **Sometimes**, or **No** based on your relationship.

Question	Yes 😊	Sometimes 😐	No 😞
My partner listens to me.	☐	☐	☐
I feel safe when I am with this person.	☐	☐	☐
My partner respects me.	☐	☐	☐
I can say “No” without being yelled at or punished.	☐	☐	☐
My partner asks before touching or kissing me.	☐	☐	☐
My partner accepts my answer, even if I say “No.”	☐	☐	☐
We enjoy spending time together.	☐	☐	☐
My partner tells the truth.	☐	☐	☐
We solve problems by talking instead of yelling or hitting.	☐	☐	☐
My partner encourages me to spend time with family and friends.	☐	☐	☐
My partner respects my privacy.	☐	☐	☐
My partner respects my personal space.	☐	☐	☐
I feel good about myself when I am with this person.	☐	☐	☐
My partner supports my goals and dreams.	☐	☐	☐
We both make choices together.	☐	☐	☐

Green Flags 🍀

These are signs of a healthy relationship.

- ✓ We trust each other.
- ✓ We laugh together.
- ✓ We respect each other's feelings.
- ✓ We apologize when we make mistakes.
- ✓ We encourage each other.
- ✓ We respect each other's boundaries.
- ✓ We ask for permission before touching.
- ✓ We support each other's independence.
- ✓ We celebrate each other's successes.
- ✓ We feel comfortable being ourselves.

Yellow Flags

These are signs to slow down and talk.

- ⚠ They get jealous sometimes.
- ⚠ They interrupt me often.
- ⚠ They become upset if I spend time with other people.
- ⚠ They text or call me all day to check where I am.
- ⚠ We argue often.
- ⚠ They pressure me to move faster than I want.
- ⚠ They make jokes that hurt my feelings.

If you notice yellow flags, talk to someone you trust.

Red Flags

These are warning signs. You deserve help.

- ▶ They yell at me.
- ▶ They threaten me.
- ▶ They hit, push, grab, or hurt me.
- ▶ They force me to kiss or have sex.
- ▶ They tell me I cannot see my family or friends.
- ▶ They take my money or belongings.
- ▶ They call me names.
- ▶ They make me feel afraid.
- ▶ They make me keep secrets that don't feel right.
- ▶ They look through my phone without permission.
- ▶ They tell me no one else will ever love me.
- ▶ They pressure me to send pictures I don't want to send.
- ▶ They threaten to leave me if I don't do sexual things.
- ▶ They ignore me when I say "No."

If any of these things happen, tell someone you trust immediately.

My Boundaries

I am comfortable with:

- ☐ Holding hands
- ☐ Hugging
- ☐ Kissing
- ☐ Going on dates
- ☐ Spending time alone together
- ☐ Talking on the phone
- ☐ Texting
- ☐ Other:

I am **NOT** comfortable with:

My Rights

I have the right to:

- ☒ Say “Yes.”
- ☒ Say “No.”
- ☒ Change my mind.
- ☒ Ask questions.
- ☒ Have privacy.
- ☒ Feel safe.
- ☒ End a relationship.
- ☒ Be treated with kindness.
- ☒ Be respected.
- ☒ Tell someone if I feel scared.

If Someone Says “No”

When someone tells me “No,” I can:

- ☐ Respect their answer.
- ☐ Stay calm.
- ☐ Walk away respectfully.
- ☐ Remember that “No” does not mean there is something wrong with me.
- ☐ Talk to someone I trust if I feel disappointed.

My Support Circle

If I have questions or feel unsafe, I can talk to:

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Remember

♥ A healthy relationship should make you feel **safe, respected, valued, and heard**.

If you often feel **afraid, pressured, controlled, or ashamed**, it may not be a healthy relationship. You deserve support, respect, and relationships where your voice matters.