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Healthy vs. Unhealthy Friendships



WHAT THIS IS

Good friends support you and respect your limits. Notice how you feel around people, because your feelings are information.

HOW TO USE IT

1. Read both columns.
2. Think of a friendship and check what fits.
3. Decide one step: strengthen, set a boundary, or step back.

EXAMPLE

"After hanging out with Sam I feel good about myself. With Chris I feel nervous and put down."

HEALTHY

- [ ] They respect my no
- [ ] They celebrate my wins
- [ ] I can be myself
- [ ] We solve problems together
- [ ] Trust goes both ways
- [ ] I feel good after we hang out

UNHEALTHY

- [ ] Teasing that hurts
- [ ] Pressure to do things
- [ ] Jealousy or control
- [ ] Gossip or secrets shared
- [ ] One-sided effort
- [ ] I feel drained or anxious after

What does a healthy friendship look like to me?

Friend (initials only)	How I feel around them	My next step

If a relationship involves threats, hurting you, or making you feel unsafe, tell a trusted adult right away.

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