

Student _____

Parent/caregiver _____

Ask An Adult Activity

Healthy, Unhealthy & Abusive Relationships

During class we talked about **healthy, unhealthy & abusive relationships**. This activity is designed to give you an opportunity to ask an adult in your life about their thoughts, values, and experiences.

Step 1

Share this activity with a parent, caregiver or other trusted adult. It can be done in person or over FaceTime or the phone.

Step 2

Ask your adult to answer the questions below. You don't have to write anything down, you can just listen.

1. What are some words you would use to describe a **healthy** relationship? What are some words you would use to describe an **unhealthy** relationship? What are some words you would use to describe an **abusive** relationship?
2. What were you taught by your parents, caregivers, teachers, or other adults about **healthy, unhealthy & abusive relationships**?
3. What is something you wish a parent, or other trusted adult, told you when you were my age about **healthy, unhealthy & abusive relationships**?
4. What is something you want me, as your child, to know about **healthy, unhealthy & abusive relationships**?