Healthy Relationships Heart

**Relationships:**

Relationships are a connection between people.

Close relationships in our lives can shape our experiences. They are the main characters in the story of our lives. Interactions with people can highly influence our self-esteem, determine if we are safe and how loved we know we are.

Think about the most important relationships in your life. These might be with family, friends or even someone you are dating. Take a moment to think of the healthy characteristics that you want present in any of those close relationships.

**Activity:**

In the center of the heart write those healthy characteristics that are important to you (have fun with it):
Healthy Relationships Heart
Example:

Important characteristics of Healthy Relationships Include:

Respect
Communication
Trust
Honesty
Safety

Contact Umbrella: If you have any questions or concerns about a relationship that you are in, an advocate would be more than happy to hear from you. Contact us in Caledonia & S. Essex counties at (802)748-8645 and in Orleans & N. Essex counties at (802)334-0148 or email an advocate at Advocate@umbrellanek.org