

Healthy Vs. Unhealthy Relationships

Snowball Fight Instructions

- Print off the snowball pages. Pages 2-15 is for Elementary, 16-29 is for Middle School.
- Cut each page in half and crinkle them into snowballs
- Decide how long you will have your snowball fight for and set a timer. Break your family into teams, each team on opposite sides of the room.
- Ready, set, go! Enjoy the snowball fight.
- Once the timer goes off have each person read the snowballs. Decide whether the statement would fall under a healthy or unhealthy relationship.
- Whichever side has the most healthy statements, WINS!!!!!!!



Elementary

***Says mean things about
you to other people***

***Listens to me when
I am talking***



Helps me when I need it



***Cheats whenever
we play games***



***Says nice things about
me all of the time***



***Makes fun of the
way I look***



Shares with me



***Doesn't want to hang
out with me***



***You can tell them things
without worrying
they will tell everyone***



***You don't have fun
when you are with them***



***Says mean
things to you often***



***Tries to help you when
you are sad***



Does nice things for you



Hits you on purpose



***Will compromise with
you (make deals)***



Take turns with you



***Gets mad at you when
you play with someone else***



***Always chooses what you
are going to do***



***Says mean things about
your family***



***Likes to do some of the
same activities as you***



***Doesn't get mad if you
say no to something***



***You can tell each other
the truth about things***



***Doesn't like it if you hang
out with someone else***



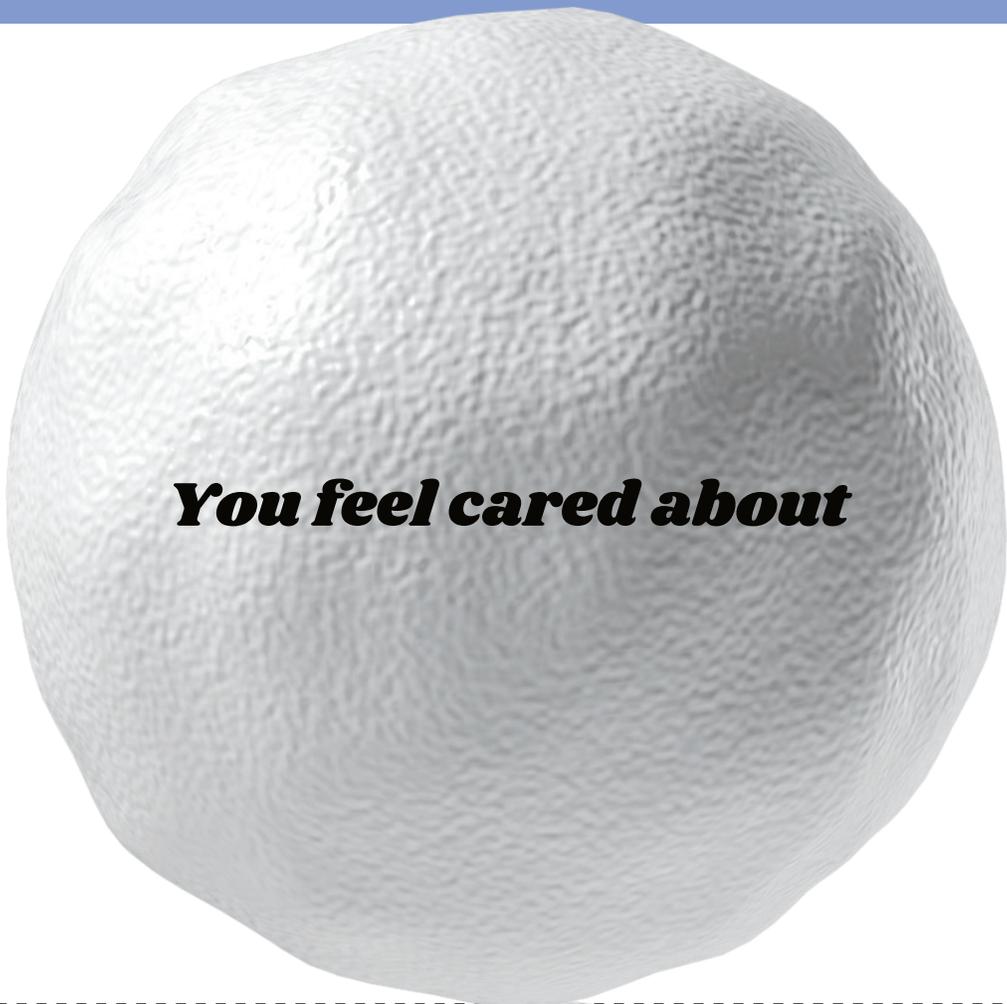
***Ignores you when other
people are around***



***Yells at you because they
are having a bad day***



***They like you for being
you. You don't have to
change anything about
yourself***



You feel cared about



***They tell you what you
can and can not do***

Middle School



***Gets jealous if you hang out
with someone else***



***Makes an effort to get to
know your other friends***



***Makes you laugh when
you are sad***



Criticizes you often



Makes decisions for you



***Blames you for things
that go wrong***



***Is proud when
you succeed***



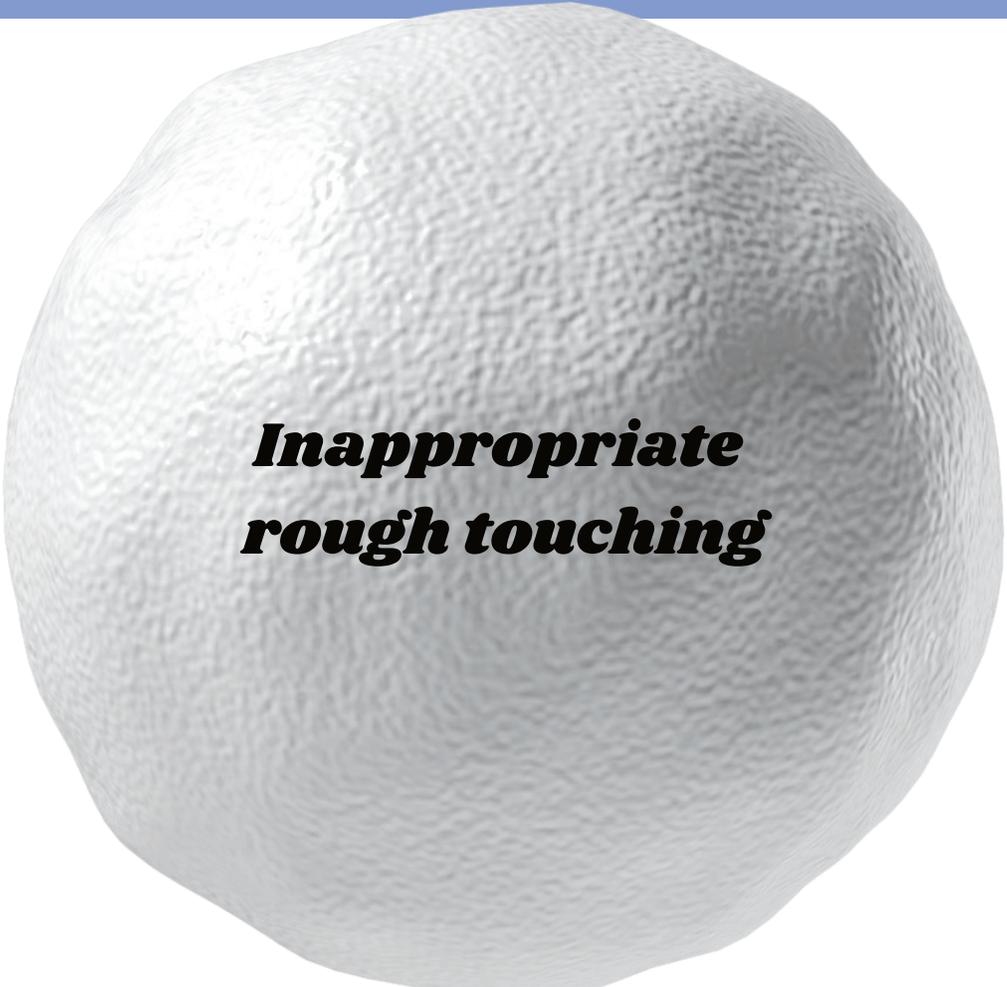
***Asks for your opinion
about things***



Spreads rumors about you



Respects you



***Inappropriate
rough touching***



***Listens to you when you
speak***



***They take things from
you without asking***



***Cares about how
you feel***



Accepts when you say "No"



Lies to you



Is honest with you



***Pressures you to
do things you do
not want to do***



Will compromise with you



***Treats you the same,
no matter who is around***



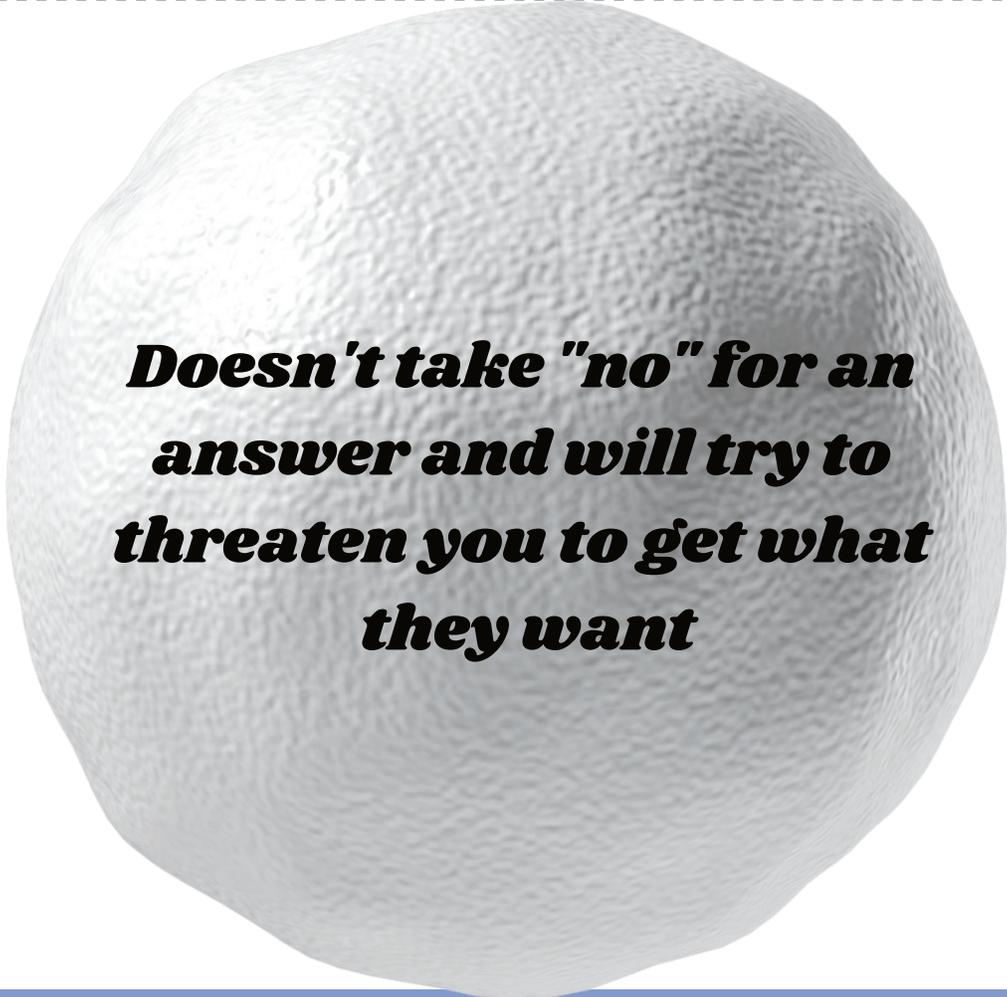
They make you feel safe



***Blame you for things
that are out of your
control***



***Accepts you for
who you are***



***Doesn't take "no" for an
answer and will try to
threaten you to get what
they want***



***Becomes jealous if you
talk or hang out with
someone else***



***Will compliment you no
matter who is around***



***Expects you to cancel your
plans for them***



***You have some things in
common with each other***