

Healthy vs Unhealthy Relationships

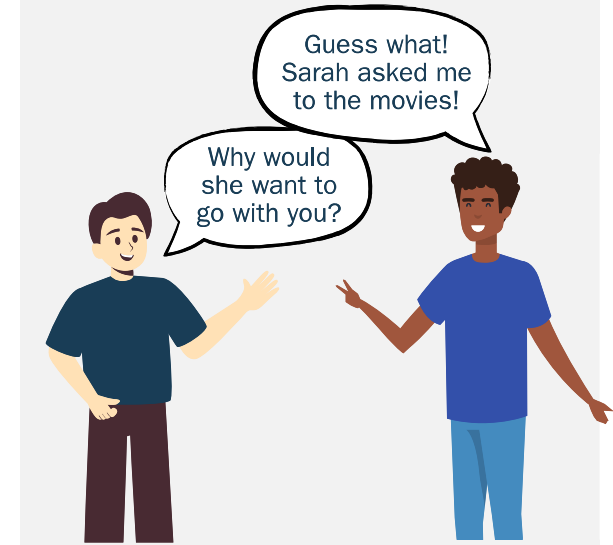
It is healthy to spend time with people who love me and care about me.



These people will try to keep me safe and happy.



Sometimes people might only pretend to care about me.



These people might hurt me or hurt my feelings.



It is not healthy for me to spend a lot of time with them.



I should ask to spend more time with the people who keep me safe and happy.



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