Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HCE 9**

**Building Blocks of Healthy Relationships Assignment**

**Task**: Using the website (follow the link), answer the following questions about building healthy relationships.

<http://www.pamf.org/teen/abc/buildingblocks/>

1. Why is “communication” important in a healthy relationship?

2. According to the website (page: “Communication”) why is it important to both talk and listen?

3. Why is “trust” important in a healthy relationship?

4. According to the website (page: “Trust”) when is it okay not to keep someone’s secret?

5. Why is “respect” important in a healthy relationship?

6. According to the website, a relationship with no respect may result in abuse. What are some examples from the website that show a verbally disrespectful/ abusive relationship?

7. According to the website, why are “boundaries” important in a healthy relationship?

8. According to the website, how is understanding each other's values an important aspect of having “boundaries?”

9. According to the website, why is it important to spend time apart from your boyfriend/girlfriend and/or parents?