



## Step 3 - Change Healthy relationships Thought Prompt card



Relationships are a big part of life whether they are with friends or loved ones. Being in a relationship can be exciting and should make you feel happy. A healthy relationship is when everyone feels respected, trusted, and valued for who they are. Turnover card to find out what makes a relationship healthy and supportive.

**online**  
**relationships**

**unhealthy**  
**relationships**

**healthy**  
**relationships**



In an emergency, you should always call 999.  
**Childline** [www.childline.org.uk](http://www.childline.org.uk)  
please call, chat online or email about any problem big or small. Call on 0800 11 11.

**Kooth** offers online counselling, advice and emotional well-being support for anyone aged 10-18 go to [www.kooth.com](http://www.kooth.com)



<https://www.bromley.gov.uk/BromleyParentingHub>

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# Step 3 - Change

## Healthy relationships

### Thought Prompt card



## Qualities of Healthy Relationships:



### Respect

is thinking or treating someone with consideration, to appreciate them, their feelings and opinions.



### Trust

is a belief that someone's dependable and won't let you down



### Kindness

is treating others the way you want to be treated



### Fun

is when you have fun together but not at the expense of others



### Equality

is when no one misuses their power or skills to hurt or control others



### Independence

is being able to do your own thing and have different groups of friends



### Good Communication

is clear, honest, and respectful of others' feelings. The ability to work through disagreements and come to a calm understanding



### Safety

you should always feel safe and respected

## Signs of Unhealthy Relationships:

Person is getting you to lie or keep secrets



You feel unsafe or uncomfortable



You are being criticised for how you look, or having to change your appearance



Person is ignoring your needs



You do not hang out with your loved ones as much anymore.



You can not talk openly about things without feeling scared of what might happen, or being judged for what you have said.



Person is threatening you that they will spread private information or photos



## Tips for Being Safe Online:



Giving away personal information can be dangerous



Do not send naked images or videos of yourself

To remove images shared online go to Report Remove at [www.childline.org.uk/remove](http://www.childline.org.uk/remove)

TOP TIPS

Do not talk to people you don't know online



"Treat others the way you want to be treated". Would you want that to be said or shared about you?



Remember what you post online is there forever (even if you delete it!)



TOP TIPS

Visits [www.childnet.com](http://www.childnet.com) for more safety tips



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