

My Healthy Relationship Plan

1. At this point in my life, dating is something that I want to explore.
Yes/No /Depends on _____
2. Factors that might play into my decision-making (circle all that apply):
 - My values, including religious values if any.
 - The values of my parent(s), guardian(s), family
 - Who I can lean on for support? (If you feel like the only people you can lean on for support is your family, consider what you feel like you can trust them with in terms of disclosure of your experiences).
 - Whether I feel ready to deal with the potential risks and/or consequences?
 - Whether I feel emotionally ready?
 - Wanting to/curious about dating and engaging in romantic relationships.
 - Other: _____
3. If I were to date, in what circumstances would I feel comfortable?
(Circle all that apply)
 - If I had a crush for months.
 - With a long-time friend who I recently developed feelings for.
 - With someone in my class that I started to like that day.
 - With someone whose picture I saw and felt physically attracted to.
 - With someone I developed an emotional attraction to over a long period of time.
 - With someone I met through friends.
 - With someone I met online.
 - With someone I was set-up on a blind date with by a friend.
 - Other: _____.
4. How will I know if I am interested in dating someone? These are some signs that show me I am interested:

5. If I were to start dating someone, these are activities that I would like to do together:

6. If I were to start dating someone, these are activities I am not interested in doing together:

7. These are the ways that I can take care of myself within my relationship (circle all that apply):

- I can continue doing the activities/hobbies that I love to do by myself or with my friends.
- I can continue to spend time with my family and friends.
- I can make time for myself during the day or week.
- I can communicate my boundaries with my partner knowing that they will be respected.
- I can communicate my wants, needs, and desires knowing that they will be respected.
- If I am not able to do any of these things in my relationship, I can talk to these adults that I trust.
- Other: _____.

8. If I feel jealous in my relationship, I can do the following things (circle all that apply):

- Talk with people that I trust about my feelings.
- Explore why I am feeling jealous with a counsellor.
- Talk to my partner about my feelings in a way that does not place any blame.
- Other: _____.

9. Questions about healthy relationships that I have:

10. Where can I get these questions accurately answered without judgement?

11. My three actions for creating healthy relationships in my life are:

1.

2.

3.
