

Name _____

Healthy vs. Unhealthy Relationships

Open-Ended Response Answer Key

1. Answers may vary, but a scenario where trust was broken in a relationship could involve one person lying to the other about an important matter. This breach of trust could lead to hurt feelings, resentment, and a loss of confidence in the relationship. To rebuild trust, the person who lied must acknowledge their mistake, apologize sincerely, and demonstrate consistent honesty over time.
2. In an unhealthy relationship that leads to isolation, one person may isolate the other from friends and family, making it difficult to seek help. In such a situation, it's important for the isolated individual to reach out to a trusted friend, family member, teacher, or counselor for support and guidance on how to safely exit the unhealthy relationship.
3. Answers may vary, but an act of respect in a relationship could be one person actively listening to their partner's concerns without interrupting or belittling them. This would likely make the other person feel valued and heard, and respect is crucial because it promotes a positive and harmonious atmosphere in all relationships.
4. If a friend confides in you about being in an unhealthy relationship, it's important to offer empathetic support and encourage them to seek help from a trusted adult or counselor. Suggest that they create a safety plan and consider ending the relationship if it continues to be harmful. The focus should be on their safety and well-being.

