

Healthy Relationships – Respect Radar Worksheet

Respect Radar – Scenario Match-Up

Read each scenario and decide if the behaviour is Respectful or Unhealthy. Circle your answer.

Scenario	Respectful or Unhealthy?
Your friend listens to you when you're upset and checks in later to see how you're doing.	Respectful / Unhealthy
Someone pressures you into doing something you're uncomfortable with.	Respectful / Unhealthy
A friend apologises after an argument and wants to talk it through calmly.	Respectful / Unhealthy
A classmate constantly mocks the things you like and laughs when you are upset.	Respectful / Unhealthy
Your friend encourages your goals and celebrates your achievements.	Respectful / Unhealthy
Someone keeps checking your phone and says it is because they "care."	Respectful / Unhealthy

What Makes a Good Friend?

Think about the best friends you have had, or the kind of friend you would like to be.

Write down at least five qualities or actions that make someone a good friend:

1. _____
2. _____
3. _____
4. _____
5. _____

Can you think of a time when you were a good friend to someone else? What did you do?

Create Your Respect Code

Design your own personal Respect Code, a short list of non-negotiables for how you want to be treated in friendships and relationships, and how you'll treat others.

My Respect Code

I will...

1. _____
2. _____
3. _____

I won't accept...

1. _____
2. _____
3. _____

Tip: Your code is yours – keep it close, and revisit it if a relationship ever feels off.

Final Thought:

Why does respect matter in relationships?

Write one sentence to finish:

“Respect in relationships is important because...”
