

RELATIONSHIPS

Statements sheet

1. Social media, TV and films often tell us we need to be in a romantic relationship to be happy.



2. Ultimately a relationship won't improve self esteem, that's up to us.



3. In a relationship, you should feel supported to have new interests, hobbies, and friends.



4. Healthy relationships are based on equality and respect.



5. Feeling connected is important but that does not have to happen through a romantic relationship.



6. Articles and quizzes on how to get the relationship you want can be fun but they are not specific to you.



7. We can convince ourselves that everyone in relationships is happier than us.



8. Friendship groups can change when one friend gets in a relationship.



9. Equality and respect make a healthy foundation for future happiness.



10. Mutual respect in a relationship is when you respect each other as individuals.

