

Relationships Matter:

Navigating Friendships, Boundaries, and Love



Friendship Check-In

Good friendships make you feel respected, supported, and happy. Use this check-in to think about your friendships and how they make you feel.

Friendship Behavior	Yes	No	Sometimes / Not Sure
My friend listens when I talk.	☐	☐	☐
My friend respects my space and feelings.	☐	☐	☐
My friend keeps private things private.	☐	☐	☐
My friend includes me and doesn't leave me out.	☐	☐	☐
My friend says kind things to me.	☐	☐	☐
My friend wants the best for me.	☐	☐	☐
I can be myself around my friend.	☐	☐	☐
I feel safe being honest with my friend.	☐	☐	☐
My friend apologizes when they hurt my feelings.	☐	☐	☐
I feel happy after spending time with my friend.	☐	☐	☐

Think About It:

- Which friendship on your list makes you feel good?
- Are there any that make you feel uncomfortable?
- What could you do if a friendship doesn't feel healthy?

My Friendship Goals:

Consent Circle

Consent means asking, listening, and respecting another person's answer — every time.

Use the circle to show how consent connects everyone:

ASK → LISTEN → RESPECT → CHECK-IN → STOP if someone says NO.

Practice saying consent phrases:

- 'Is it okay if I sit next to you?'
- 'Can I give you a hug?'
- 'Would you like to hang out today?'

My Relationship Rights

I have the right to:

- Feel safe and respected.
- Say yes or no to anything.
- Change my mind.
- Spend time with friends and family.
- Keep things private.
- Get help if someone makes me uncomfortable.

Taking Care of My Heart

Healthy relationships start with self-care. Write what helps you feel calm, happy, and supported.

When I feel stressed, I can:

Things that make me happy:

Who Can Help Me?

If I need help or feel unsafe, I can talk to:

1.

2.

3.

You can also reach out to:

- Love Is Respect (loveisrespect.org)
- NAMI HelpLine: 1-800-950-6264
- 988 Suicide & Crisis Lifeline (call/text 988)
- Thrive Autism Coaching (thriveautismcoaching.com)
- DARS or your local Community Services Board (CSB)

What Are My Boundaries??

Personal	Physical	Intellectual
The limits and rules we set for ourselves within relationships	Refers to the limits of personal space and physical touch.	Refers to one's personal thoughts and ideas
Emotional	Material	Time
Refers to protecting one's sense of self-esteem and emotions from others.	Placing limits on things such as money or personal possessions.	How one manages the use of their personal and professional time.

Boundaries Worksheet

Boundaries help you feel safe and respected. Everyone's boundaries are different — and that's okay!

Examples of boundaries:

- I need personal space.
- I don't like to be hugged without asking.
- I want time alone after work.
- I don't want my pictures shared online without permission.

My Boundary Goals:
