

# Student Worksheet 2:

## Social-Emotional Learning Skills (SELS) / Living Skills

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Name: \_\_\_\_\_

**Healthy relationships are important to everyone. Understanding their qualities is key for maintaining healthy relationships throughout your life.**

1) What are some qualities of healthy relationships with peers, family members, and adults?

2) What are some qualities of unhealthy relationships with peers, family members, and adults?

3) How might you help someone who may be involved in an unhealthy relationship?

