

Healthy Relationships Check-In

Use this page to think about a relationship in your life.
You can tick, circle or write as much or as little as you want.



I am thinking about...

- ☐ A friend
- ☐ A partner or ex-partner
- ☐ A family member
- ☐ Someone online
- ☐ Another important person
- ☐ Other: _____

How does this relationship mostly feel?

- | | |
|-------------------------------------|---------------------------------------|
| ☐ Safe | ☐ Draining |
| ☐ Supportive | ☐ Controlling |
| ☐ Respectful | ☐ Worrying |
| ☐ Fun | ☐ On and off |
| ☐ Confusing | ☐ Other: _____ |
| ☐ Pressured | |

How strong are these feelings right now?



What is going well?

- | | |
|---|---|
| ☐ They listen | ☐ They give me space |
| ☐ Respect my views | ☐ They are honest |
| ☐ I can be myself | ☐ Other: _____ |
| ☐ We have fun | |

What feels difficult or not okay?

- | | |
|--|--|
| ☐ Pressure | ☐ Checking up on me |
| ☐ Jealousy | ☐ Sharing things without asking |
| ☐ Arguments | ☐ Feeling unsafe |
| ☐ Put-downs | ☐ Other: _____ |
| ☐ Too many messages | |

What would help right now?

- ☐ Talk to someone I trust
- ☐ Some space
- ☐ Clearer boundaries
- ☐ Practical advice
- ☐ Someone to check in with me
- ☐ Help ending contact
- ☐ Other: _____

Anything else you want me to say?

Healthy relationships
help us feel more
like ourselves.

..... Kind relationships
brighter tomorrows



Support Details

Healthy Relationships Check-In

Use this page after the worksheet to agree support, next steps and any immediate safety action.

● Immediate safety

If there is immediate danger, call 999 or 112 now. Move to a safer place if you can.

● Childline

Free support for children and young people: 0800 1111. Online chat and messages are also available.

● Samaritans and text support

Call Samaritans free on 116 123. If you would rather text, text SHOUT to 85258.

● Relationship support

If a relationship feels unsafe, pressured or controlling, speak to a trusted adult or Childline.

● For practitioners

Do not promise secrecy. Explain confidentiality calmly. Follow safeguarding procedures where needed.

● Before ending the session

Check how the young person feels, who they can speak to later, and whether safety action is needed.

● Local / trusted support

Write names or services here:

1. _____
2. _____

● Sources checked

Checked September 2026: Childline, Samaritans, Shout and Talk to FRANK where relevant.

Reminder

This page supports conversation. It does not replace local safeguarding advice, supervision or emergency help.