

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.

Boundaries and Respect

Use this page to think about what helps you feel respected, comfortable and safe in a relationship.



My boundaries matter in these areas...

- ☐ Privacy
- ☐ Personal space
- ☐ Time alone
- ☐ My phone / social media
- ☐ How quickly things move
- ☐ Physical affection
- ☐ Sharing photos / messages
- ☐ Family
- ☐ Other: _____

What does respect look like?

- ☐ They listen to me
- ☐ They accept my no
- ☐ They speak kindly
- ☐ They ask before sharing
- ☐ They respect my time
- ☐ They are honest
- ☐ They apologise when needed
- ☐ Other: _____

What feels uncomfortable or not okay?

- ☐ Too many messages
- ☐ Pressure
- ☐ Guilt-tripping
- ☐ Checking my phone / location
- ☐ Ignoring my boundaries
- ☐ Sharing things without asking
- ☐ Put-downs
- ☐ Feeling unsafe
- ☐ Other: _____

How confident do I feel speaking up?



What could help me hold a boundary?

- ☐ Time to think
- ☐ Support from a friend
- ☐ Planning what to say
- ☐ Muting / blocking
- ☐ Talking to an adult
- ☐ A break from contact
- ☐ Other: _____

If I need words, I could say...

Anything else you want me to say?



..... Kind relationships brighter tomorrows



Support Details

Boundaries and Respect

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.

Substance Use Check-In

This page can help you think about substance use, pressure and support. You can tick, circle or write as much or as little as you want.



Healthier choices
brighter tomorrows

What are we talking about?

- ☐ Alcohol
- ☐ Vaping
- ☐ Smoking
- ☐ Cannabis
- ☐ Pills / tablets
- ☐ Nitrous oxide
- ☐ Energy drinks
- ☐ Other: _____

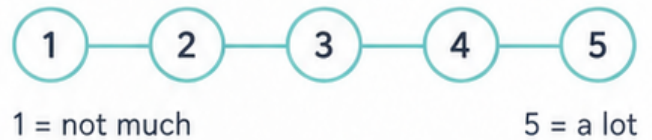
Where am I at with this?

- ☐ I have not used
- ☐ I have tried it
- ☐ I use sometimes
- ☐ I use often
- ☐ People around me use
- ☐ I am not sure

What feels linked to it?

- | | |
|-------------------------------------|---|
| ☐ Curiosity | ☐ Pressure from others |
| ☐ Stress | ☐ Coping with things |
| ☐ Fitting in | ☐ Parties |
| ☐ Boredom | ☐ Family stuff |
| ☐ Sleep | ☐ Other: _____ |
| ☐ Low mood | |

How concerned am I right now?



What helps me stay safer?

- ☐ Being with someone I trust
- ☐ Having a way home
- ☐ Keeping my phone charged
- ☐ Not mixing substances
- ☐ Knowing my limit
- ☐ Saying no
- ☐ Leaving if I feel unsafe
- ☐ Other: _____

What support would help right now?

- ☐ Someone to talk to
- ☐ Confidential advice
- ☐ Support to cut down or stop
- ☐ Help with stress
- ☐ Health information
- ☐ Practical help
- ☐ Other: _____

Anything else you want me to say?

Support is available
without judgement.



Kinder minds
brighter tomorrows



Support Details

Substance Use 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.

● Substance use support

Talk to FRANK gives confidential drug advice: 0300 123 6600 or text 82111. If someone is seriously unwell, call 999.

● 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.

Pressure, Risk and Choices

Use this page to think about pressure, risks and the choices you want to make.



Where does pressure show up for me?

- ☐ Friends
- ☐ Parties
- ☐ Online
- ☐ A partner
- ☐ Older young people/adults
- ☐ Home
- ☐ School or college
- ☐ Other: _____

What can pressure feel like?

- ☐ Wanting to fit in
- ☐ Finding it hard to say no
- ☐ Fear of missing out
- ☐ Feeling low
- ☐ Wanting to escape
- ☐ Curiosity
- ☐ Feeling pushed
- ☐ Not thinking clearly
- ☐ Other: _____

Traffic-light check

Think about a situation you might be in. What does it feel like?



Green

Feels safe / okay



Amber

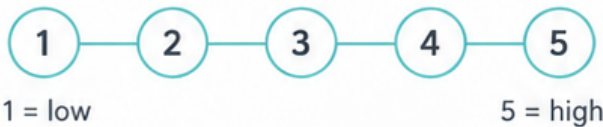
Not sure / could go wrong



Red

Too risky / not okay

How strong is the pressure right now?



What helps me pause or choose differently?

- ☐ Walking away
- ☐ Texting someone
- ☐ Taking a breath
- ☐ Having an excuse ready
- ☐ Sticking with a safe friend
- ☐ Turning my phone on
- ☐ Getting advice
- ☐ Other: _____

Who could back me up?

- ☐ Trusted friend
- ☐ Family member
- ☐ Practitioner
- ☐ Teacher / coach
- ☐ Other: _____

Anything else you want me to say?

Taking a pause
can help you make
the choice that
feels right for you.

.....  Brighter minds
kinder tomorrows 



Support Details

Pressure, Risk and Choices

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.

● Substance use support

Talk to FRANK gives confidential drug advice: 0300 123 6600 or text 82111. If someone is seriously unwell, call 999.

● 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.

My Safety and Support Plan

This page can help you think about what keeps you safe and who can support you when things feel difficult.

 Pebble

Brighter minds
kinder tomorrows 

You are
stronger
than you
might think 



Signs I need support

- ☐ Feeling low
- ☐ Feeling overwhelmed
- ☐ Shutting down
- ☐ Using more
- ☐ Arguments
- ☐ Not sleeping
- ☐ Panic
- ☐ Skipping school/college
- ☐ Risky plans
- ☐ Other: _____

People I can contact

Write down up to three people you can reach out to when you need support.

1

Name: _____

Relationship: _____

2

Name: _____

Relationship: _____

3

Name: _____

Relationship: _____

Places that feel safer

- ☐ Home
- ☐ A family member's home
- ☐ A friend's home
- ☐ School or college
- ☐ Youth service
- ☐ Community place
- ☐ Other: _____

What I want adults to do

- ☐ Listen first
- ☐ Stay calm
- ☐ Help me leave (if needed)
- ☐ Check in with me
- ☐ Help me make a plan
- ☐ Help me get medical help (if needed)
- ☐ Help me contact someone
- ☐ Other: _____

My first steps plan

What can you do to look after yourself when things start to feel difficult?

1 Step 1: _____

2 Step 2: _____

3 Step 3: _____

If things get urgent

If you are not safe or things feel urgent, write down who to contact and what to do next.

Who to contact: _____

What to do next: _____

Anything else that would help keep me safe?

You do not
have to figure
everything out
on your own. 

.....  Small steps
brighter tomorrows 



Support Details

My Safety and Support Plan

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.

● Safety planning support

Use this with someone safe. Agree who to contact, where to go, and what to do if things feel urgent.

● 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.