



Worksheet 2:

Green Flag, Red Flag

For 12+ Years

Understanding the signs of healthy and unhealthy friendships can help you choose better relationships. Look at the lists below. Then, in the space provided on the next page, write down real-life examples you've experienced or observed.

Reg Flags	Green Flags
They put you down, even jokingly.	They speak kindly and encourage you.
They take more than they give.	They offer help without expecting anything in return.
You feel drained after seeing them.	You feel energised or calm after seeing them.
They gossip or speak badly about others.	They protect your name and speak well of others.
They make fun of your goals or beliefs.	They respect your goals and values, even if different.

Reflection Space:

1. Write 2 red flag behaviours you've seen in the past and how you handled them.
2. Write 2 green flag behaviours you've seen and why you appreciated them