YOU & I: a teen’s guide to Relationships
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Welcome to our relationship journal! We hope this journal is helpful for you and your relationships. Use it if you're starting a new relationship, are in a relationship, going through a break up, or just want to think about what you want in your relationships.

OUR PRINCIPLES FOR HEALTHY RELATIONSHIPS

• Safe relationships: everyone feels safe to share their emotions and thoughts.
• Balanced & Equal Relationships: our relationships are free from control and equal between partners
• Nonjudgmental & Respect: we are able to have different likes and dislikes and we validate each other's experiences
• Uphold Boundaries: we follow and communicate what we are comfortable with
• Self Love: we practice self care without guilt
THE BEGINNING OF SOMETHING WONDERFUL
What 3 words come to mind when you think of your relationship?

Ask yourself & your partner: What do you need for the relationship to grow in a positive direction? Place those words in the petals.
Choose 4 colors to represent how your relationship is feeling. Fill out what each color represents in the boxes, then fill the mandala with the colors you chose.
Think of 3 things you and your partner have in common.

Pick 3 activities you would like to do with them. Write them on pieces of paper, ball them up, and pick from them when you feel bored.
Acceptance; Communication; Happiness; Respect; Trust; Understanding; Love
Honeymoon?

Yes, honeymoon. No it's not the honey on the moon, if you know what I'm saying. The honeymoon phase is usually in the beginning stages of a relationship. It's when things feel exciting and new. It can last months to years.

Honeymoon phase can be with anybody. Sometimes when its ending, things can start to feel a little boring, lead to you questioning your feelings, might feel like you argue more.

Have you noticed changes in your relationship?
How have your feelings changed?
LOCKED IN
Write down the best memories you have with your partner:

1. 
2. 
3. 
4. 
5. 
6.
Write Notes Here Tear Out And Give To Your Partner
### HEALTHY SIGNS
- open communication
- quality time together
- shared values
- mutual respect
- realistic expectations
- ongoing support
- strong sense of trust
- making shared decisions
- you feel safe
- you accept each other
- you have fun
- healthy boundaries
- mutual affection
- you enjoy time apart
- healthy disagreements
- you feel a sense of belonging
- you inspire each other to be better

### WARNING SIGNS
- guilt trips
- withdrawal of affection
- isolates you from family
- using money to control
- unreasonable jealousy
- ignoring/excluding you
- refuses to communicate
- gaslighting/manipulation
- constant put-downs
- humiliates/embarrasses you
- saying “I love you, But...”
- uses threats/intimidation
- blames you
- compulsive lying
- name-calling
- uses force to control you
- regularly criticises you
- threatens violence/suicide

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**Safe Communication**

**Pressure Harm**

**Boundaries**

**Intimidation**
How does your partner make you feel safe?

How does your partner make you feel wanted?

How do you and your partner practice healthy communication?
How do you and your partner share your feelings?

How do you and your partner show trust?

Do you and your partner practice honesty?
Relationship Goals

List all the ways your and your partner have a healthy relationship
Do negative feelings come up in your relationship? How?

Do you talk to your partner about those feelings? If you do, what changes?

Are there things happening in your relationship you think are unhealthy? What are they?
Are there things you want to change in your relationship? What are they?

How are you and your partner going to make this change?

How will you and your partner communicate and work through the conflict?
CROSS IT OUT

Cross out the things you would not find in a healthy relationship

anger
isolation
love
disrespect
intimacy
possessiveness
intimidation

Trust
affection
bonding

integrity
violence
insecurity
compromise

pressure

controlling
dependence
Make a list of ways you want to be treated in your relationship. Ask your partner make a list next to yours. Share your responses and talk about them.

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Ways You Want to be Treated
ENDING
OF IT
ALL
Break-ups can be hard...

List all of the things you wish could have gone better.
Make a Breakup Playlist & have a concert in your room!
Call someone who makes you happy or that can cheer you up.

Write about the conversation and how it made you feel?
If you could change one thing about your past relationship what would it be?

What is one thing you learned from your past relationship?
MAKE
PLANS

WHAT ARE THINGS YOU WILL DO OR ACHIEVE WITHOUT YOUR EX?
Ask yourself: Are you ready to start over with someone new? Are you ready to love again? Are you ready to open up again? If you answered yes to all of these, you have successfully left the break up stage.
Loving Yourself!
What does self care mean to you?

Write 2 things you love about yourself. Write 2 of your best qualities.
What are some things you do for self-care? If none, what are 4 things you can try?

Add someone to your routine (a friend, family member, etc)! What did you do together? Draw how it made you feel.
We All Have Insecurities

*MUST KNOW: YOU ARE BEAUTIFUL.*

Sometimes our insecurities can impact our relationships. We can try to communicate them. Its important to name our insecurities, hold it and love it, that's what makes you different and you.

write your insecurities down in the hearts, think about how you can change your negative thought into a positive one!
I Am Awesome

Write positive things about yourself in the circles
Write 5 things you love about yourself

Write 4 things you do to make you happy

Write 3 things you want to add to your self-care routine

Write 2 goals you want to achieve

Write 1 reason you won’t give up on yourself
Breathe

Let go. And remind yourself that this very moment is the only one you know you have for sure.
YOUTH TO YOUTH