

Healthy Relationships Bingo

Watching TV? Not sure how to start talking about healthy relationships? Try playing the bingo card below to think about if the relationships onscreen rate as healthy (BINGO!) or unhealthy. If you're watching with someone, play bingo together and see if you think the same things about the couples you see on TV.



They enjoy spending time together	They don't control what the other one does	They celebrate each other's successes	No one intimidates or threatens the other	They're honest with each other
There is no physical violence	They talk about preventing pregnancy (if pregnancy is possible)	No one pressures the other to do anything	They are proud to be with one another	They're comfortable around each other
They openly communicate their feelings	No one stalks or tracks the other's movements	Free Space	Neither person has financial control over the other	They don't put each other down – to each other or to others
They talk when either person is upset	They don't look through the other's phone without permission	They respect each other's differences	They talk about preventing STDs	They only have sex when they both want to
They're supportive of each other's interests	They get along with each other's friends/family	They're ok with disagreements – they listen to and respect "no"	They each have some of their own friends	They give each other space to do things on their own

Ways to Win Healthy Relationship Bingo:

- 5 squares in a row, any direction (**healthy!**)
- Heart shape (**SUPER healthy!**)
- All squares filled in (**#RelationshipGoals: the healthiest!**)