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.

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- 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!**)