



10 THINGS TO KNOW ABOUT HEALTHY RELATIONSHIPS

- 1 All relationships require work, sharing, and communication.** They are not fairy tales like you might see on TV or in movies.
- 2 In a healthy relationship all people share equal power, respect, control and decision-making.**
- 3 There are signs of a healthy relationship, such as:**
 - **Safety.** You and your partner are not afraid of each other.
 - **Respect.** Both people respect each other and make decisions together.
 - **Trust.** You encourage each other to have friends and do things separately sometimes. It is normal to be jealous sometimes, but what matters most is how you respond to your feelings.
 - **Communication.** You have good verbal and non-verbal communication. This builds trust, openness, and closeness.
 - **Enjoyment.** Both people have fun and enjoy the relationship.
 - **Fairness.** Both people are willing to compromise.
 - **Boundaries.** Each person sets and maintains boundaries about how close they want to be
- 4 There are also signs of an unhealthy relationship, such as:**
 - Your partner is often angry with you.
 - Your partner criticizes the way you look or dress and makes you feel bad about yourself.
 - Your partner asks you to stop doing activities you enjoy, such as talking to friends.
 - Your partner makes all of the decisions or sets all of the rules.
 - You hide things from your partner because you're worried they will get angry.
 - You're afraid to say "no" to sex or sexual activities.
 - Your partner is violent with you.
- 5 You shouldn't give up who you are when you're in a relationship.** Don't become so involved with the other person that you lose yourself or forget who you are as an individual.



