

RELATIONSHIPS

Relationships are the connections you share with the people in your life.

Besides dating relationships, you can have all kinds of relationships with all kinds of people: friends, parents, brothers, sisters, aunts, uncles, cousins, grandparents, neighbors, teachers, classmates... the list goes on and on!

A healthy relationship is one that makes you feel good about yourself.

In a healthy relationship, you feel trusted and respected.

You are comfortable talking, listening and sharing ideas.

In a healthy relationship

- You make decisions together.
- You sometimes disagree, and you know it's okay to talk

about your differences.

- You feel comfortable spending time without your partner.
- You REALLY listen to each other
- There is no fear.
- You are equals.
- You support each other's goals.
- You feel safe and comfortable.
- You do not control each other.
- You respect and value each other.

How to Have a Healthy Relationship

- Be honest with each other.
- Give each other personal space and room to breathe.
- Express yourself clearly.
- Learn to listen.
- Be responsible for your own feelings.

- Respect and value yourself and your partner.
- Do not expect your partner to solve all of your problems.
- Work together to resolve differences.
- Be true to yourself.

Look at your own relationship

- Has your partner ever held you somewhere against your will?

Is your relationship healthy?

Hopefully, you can answer "YES" to most of the following questions

- Do you share decisions about spending time together?
- Does your partner respect your privacy?
- Are you and your partner

equals?

- Are you comfortable saying “no” to your partner?
- Does your partner make you feel good about yourself?
- Do you and your partner trust each other?
- Do you allow each other space?
- Do you respect one another’s opinions?
- Do you feel comfortable disagreeing with your partner?

- Is your family happy about your relationship?
- Do you encourage each other’s interests?
- Do you always feel safe with each other?
- Do you both apologize when you make mistakes?

Is your relationship unhealthy?

Hopefully, you can answer “NO” to most of the following questions

- Does your partner put down people you care about?
- Has your partner ever threatened you?
- Does your partner always need to know what you are doing and who you are with?
- Has your partner ever hit or pushed you?

- Does your partner ever blame you when things don’t go well?
- Do you feel pressured by your partner to do things you are not comfortable with?
- Does your partner check up on you to see who you are with and where you are?
- Do you feel controlled by

your partner’s jealousy?

- Does your partner make you feel bad about yourself?