

9 SIGNS OF A HEALTHY RELATIONSHIP

IN A HEALTHY RELATIONSHIP...

1. You can be yourself!

- ✓ You can express yourself honestly.
- ✓ You can be different from one another and enjoy those differences.
- ✓ Your partner appreciates you for who you are.
- ✓ You are glad to have your partner's support, but don't need approval.



2. You feel free to...

- ✓ Spend time apart.
- ✓ Enjoy other friends.
- ✓ Be with your family.
- ✓ Stay true to your own values.
- ✓ Speak your honest opinion.
- ✓ Keep up with the activities and interests that are important to you.

3. Your partner hears what you say.

- ✓ Your partner shows interest in you by taking the time to listen.
- ✓ Your partner looks at you when you talk and lets you finish.
- ✓ Your partner accepts your feelings, ideas and opinions as your own.
- ✓ When one of you is upset, you feel safe enough to talk things out in a respectful manner.

4. You can agree to disagree.

- ✓ You can each give a little to come to an agreement or take turns making decisions.
- ✓ If you have a disagreement, you talk it out and don't let anger build up.

5. Your partner respects your boundaries.

- ✓ You can say:
 - "I can't be with you every minute."
 - "Don't tease me in that way."
 - "I don't want to have sex."
 - "I can't make a decision right now. I need time to think."
- ✓ With your partner, you feel connected not controlled.



6. You are honest with each other.

- ✓ You build trust by being honest and kind, even if the truth is disappointing.
For example:
 - "I forgot. You are right to be upset. I'm sorry."
 - "I like you but I'm not sure how serious I want to be. Let's take our time and see how things work out."
- ✓ Your partner is responsible for his or her own behavior and doesn't blame others.

7. You have fun together.

- ✓ You can relax, laugh and enjoy everyday simple things together.
For example, you enjoy a walk to a park or a cookout with family.
- ✓ Being quiet together is ok too. You don't feel you have to talk or be busy every minute.



SIGNS OF AN UNHEALTHY RELATIONSHIP

A relationship is unhealthy if your partner:

- Makes fun of or insults your thoughts, ideas or beliefs.
- Criticizes you or calls you names.
- Tries to keep you from friends or activities you like.
- Doesn't respond when you talk or ignores you.
- Always has to win a discussion or argument.
- Threatens, scares or harms you in any way.
- Forces you to do something you don't want.

If you are concerned about your relationship, talk to a health care provider or counselor. They can refer you to help and support in your community.

8. Your partner uses language that lifts you up.

- ✓ Words that:
 - **Encourage:** "I believe you can do it!"
 - **Notice:** "I like how you are patient with your grandmother."
 - **Respect:** "I'll put on these earphones so you can read."
 - **Appreciate:** "Thank you for helping out."
 - **Invite:** "Would you like to go to the festival tomorrow?"
 - **Point out the positive:** "You have a great smile!"



9. You take your time.

- ✓ You take the time to get to know each other and what each of you values.
- ✓ You talk about where you think your relationship might go and how it might be different in a month or a year.
- ✓ You accept that we all grow and change – and relationships do too.