



Your Relationship is Healthy If...

A healthy relationship is built around... respect, honesty, fun, a sense of humor, trust, love, space, compatibility, compromise, caring, listening, maturity, forgiveness, understanding, empathy, change, growth, learning from each other, sharing, friendship, being faithful, and commitment.

- ✓ You trust your partner.
- ✓ Your partner likes your friends and encourages you to spend time with them and wants to include them in his/her life as well as yours
- ✓ You make important decisions together.
- ✓ Your partner understands when you spend time away from him/her.
- ✓ You don't have to lie to protect your partner's reputation or cover for his/her mistakes.
- ✓ Your partner encourages you to enjoy different activities (like joining the volleyball team or football team, running for student government, or being in a play) and helps you reach your goals.
- ✓ Your partner likes you for who you are – not just for what you look like.
- ✓ You are not afraid to say what you think and why you think that way. You like to hear how your partner thinks, and don't always have to agree.
- ✓ You have both a friendship and a physical attraction.
- ✓ You don't have to be with your partner 24 hours a day, 7 days a week, 365 days a year.

If you feel like you or a friend needs help, contact A Woman's Place.

1.800.220.8116

www.awomansplace.org