

# Signs of a Healthy Relationship

Healthy relationships are a **partnership** where responsibilities & chores are shared but each person is able to make decisions for themselves.

Healthy relationships involve **economic equality** where decisions about work, school, and money are made together.



Healthy relationships involve **sexual respect** where partners try to please each other and respect when one partner doesn't want to engage in sexual activities.

Healthy relationships make each person feel **safe** and comfortable expressing themselves without fear of violence.

Healthy relationships involve mutual trust & **support** where partners' value each others opinions.

Healthy relationships are built on a **friendship** that continues to grow and develop over time.

Healthy relationships involve **enjoyment** while spending time together and time apart.

## **Characteristics of a Healthy Relationship**

### **RESPECT**

- Learning about the other person and valuing what is important to them
- Having the choice about whether to be sexually active and if so, at what pace and level

### **HONESTY**

- Openly and honestly talking about each others' sexual desires and fears



### **TRUST**

- Being able to count on your partner will be there for you when you need them
- Understanding that promises should never be taken lightly

### **COMMUNICATION**

- Listening and trying to hear each others needs and wants
- Talking about what level of sexual activity you're both comfortable with BEFORE engaging in any sexual activities