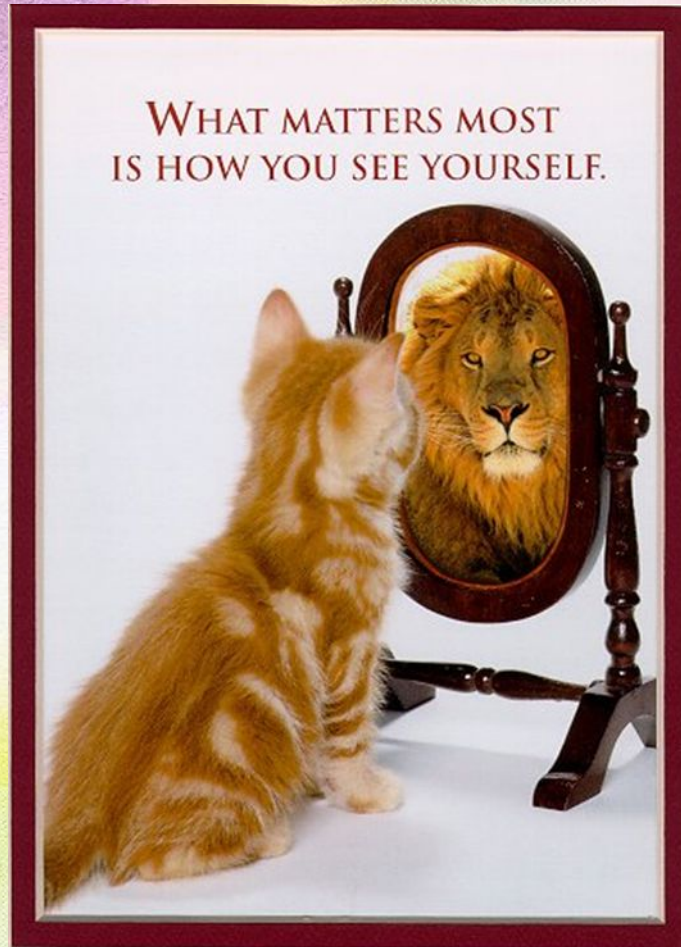


# How to develop healthy relationships.



# Components of healthy relationships:



- Communication
- Trust
- Respect
- Love

# TRUST



**Trust is an extremely important aspect to a healthy relationship!**

## Trusting

Lets you hang out with your friends

Understands when you have to change plans

Lets you wear what you want

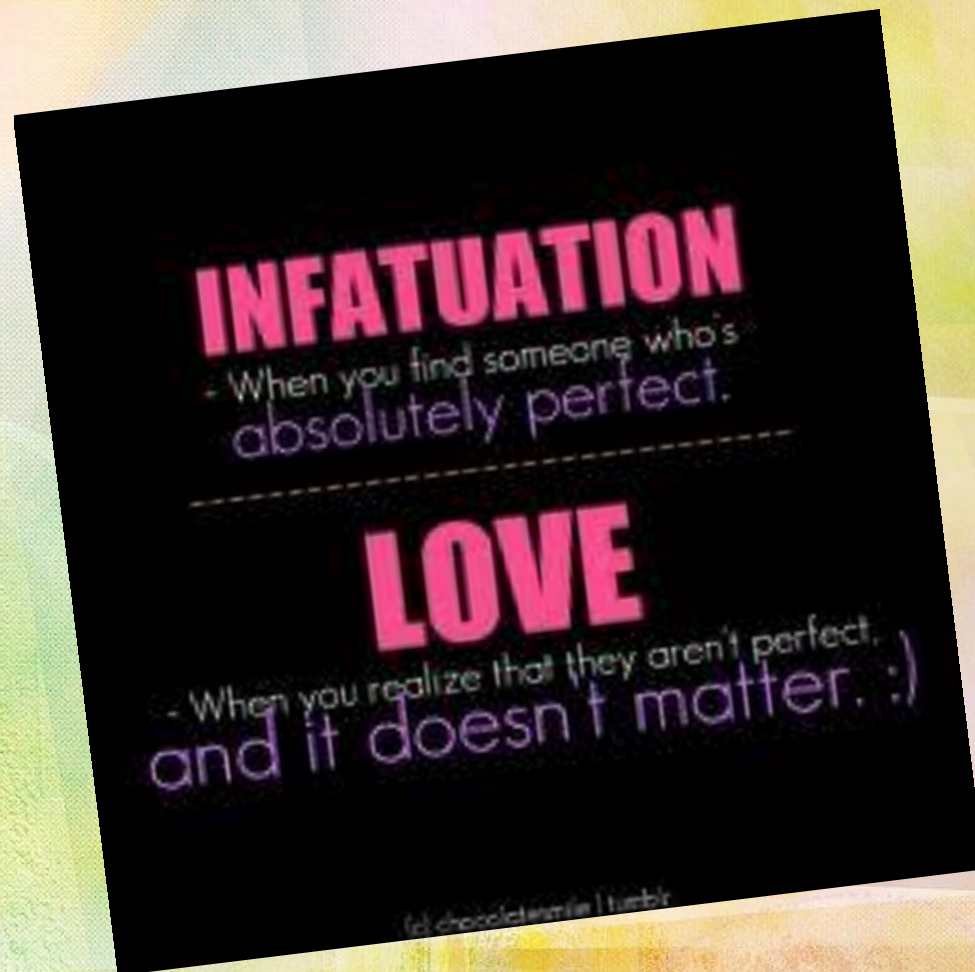
## Not Trusting

Calls you every second of the day and demands information

Won't let you change plans or makes you feel guilty

Gets jealous when other people are talking to you

What's the difference between  
real love & infatuation?



# What is Dating Violence?



Dating violence is defined as the physical, sexual, psychological or emotional violence within a dating relationship.



# What You Need to Remember



Any kind of abuse it **NOT** your fault.



You don't deserve being treated this way.



You should always be safe.



**NO** means **NO**

# Personal Rights in a Relationship

**THE RIGHT** to refuse requests without having to feel guilty or selfish.

**THE RIGHT** to express your feelings, including anger, as long as I don't violate the rights of others.

**THE RIGHT** to be competitive and to achieve.

**THE RIGHT** to have my needs be as important as the needs of other people.

**THE RIGHT** to decide which activities will fulfill my needs.

**THE RIGHT** to make mistakes and be responsible for them.

**THE RIGHT** to have my opinions given the same respect and consideration as others'.

**THE RIGHT** to change my mind.

**THE RIGHT** to be independent.

**THE RIGHT** to be treated respectfully.

**THE RIGHT** to be cooperative and giving and not be taken advantage of.

**THE RIGHT** to be safe.

## Take a look at your own relationship...

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?

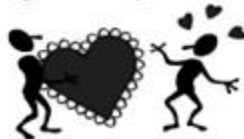
Do you feel comfortable disagreeing with your partner?

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?

Has your partner ever held you somewhere against your will?

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?



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