

# FACT SHEET

## HEALTHY RELATIONSHIPS

### A Healthy Relationship Means

- communication
- trust
- friendship
- conversation
- love
- respect and acceptance
- honesty
- two points of view
- being open with each other
- offering support to each other
- loyalty
- partnership
- respect for partner's friends and family

### Signs of Healthy Relationships

- your family likes them
- he/she gives back
- he/she listens to you
- ready to compromise
- he/she is having goals in life
- he/she respects differences of opinion
- he/she supports your interests

### Am I in a Healthy Relationship?

- Does he/she always consider your feelings?
- Does he/she ask for your opinion when you're making decisions?
- Does he/she respect your parents, family, friends?
- Does he/she support your decisions?
- Do you respect him/her?

### What can you and your communities do about it?

- reinforce positive examples of healthy relationships
- talk to your friends-share experiences
- demonstrate to youth that they have a lot to gain by engaging in a healthy relationship
- get youth engaged in the healthy alternatives-sport, cultural camps, business
- empower girls to believe in themselves

