

growth, learning from each other, sharing, friendship, being faithful, & commitment.

A healthy relationship is built around... respect, honesty, fun,

## **Your Relationship is Healthy If...**

- ✦ 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 or 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 24/7.

a sense of humor, trust, love, space, compatibility, compromise, caring, listening,

maturity, forgiveness, understanding, empathy, change,