



Healthy Relationships

Information Sheet

Healthy relationships are the foundation of safe and caring communities. Children who grow up with adults in a healthy relationship are more likely to thrive and flourish. People in healthy relationships live longer and are happier.

Get Information

For help in your community or for more information, please call the 24-hour Family Violence Info Line toll-free at **310-1818** or visit familyviolence.alberta.ca.

Ten characteristics of a healthy relationship:

1. The partners in the relationship value themselves and each other. They understand each other's differences and they treat each other with respect and courtesy.
2. The partners are equal. They make decisions together. If they have children, they parent together.
3. When the partners disagree, they know that it's okay to talk about their differences. They work it out together. They find ways for both partners to get what they need.
4. The partners listen to and respect each other's viewpoints. They express their feelings and opinions. They do not make hurtful comments about the other person.
5. Each partner takes responsibility for themselves. They do not expect the other person to solve all their problems or always make them happy.
6. The partners each feel comfortable taking time alone if they need it. They feel okay about doing things separately.
7. There is no fear in their relationship. Healthy relationships are built on love, respect, caring and happiness.
8. The partners do not try to restrict or control each other. They encourage and support each other's growth.
9. Even when the partners are busy, they make time for one another and their relationship.
10. The partners have a circle of people who know them and support them as an individual and as a couple. They spend time with others who have strong and healthy relationships.

Keep your relationship strong and healthy

Maintaining a healthy relationship takes time, energy and care – but it is well worth it. Healthy relationships make everyone in the family feel respected, happy and safe. Disagreements are a part of every relationship and sometimes people need extra help. Alberta Human Services has a help line that provides information on a range of relationship issues including how to keep your relationship healthy and strong, right through to addressing abuse in family violence situations. To access this 24-hour info line, call **310-1818** toll-free and tell the operator what kind of assistance or information you would like. Help is available in more than 170 languages.

This information sheet is also available in Arabic, Chinese, Farsi, Plains Cree, Punjabi, Somali, Spanish, Swahili, Urdu, and Vietnamese at child.alberta.ca/home/832.cfm.