HANDOUT...
Your Relationship is Healthy If…

• You trust your partner.
• You treat each other the way you want to be treated, and accept each other’s opinions and interests.
• You each feel physically safe in the relationship.
• 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 feel responsible for protecting your partner’s reputation or for covering 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.
• Your partner doesn’t force sexual activity or insist that you do something that makes you uncomfortable.