

Being in a HEALTHY RELATIONSHIP means ...	If you are in an UNHEALTHY RELATIONSHIP ...
Loving and taking care of yourself, before and while in a relationship.	You care for and focus on another person only and neglect yourself.
Respecting individuality, embracing differences, and allowing each person to "be themselves."	Pressured to change to meet the other person's standards, you are afraid to disagree, and your ideas are criticized.
Doing things with friends and family and having activities independent of each other.	One of you has to justify what you do, where you go, and who you see.
Discussing things, allowing for differences of opinion, and compromising equally.	One of you makes all the decisions and controls everything without listening to the other's input.
Expressing and listening to each other's feelings, needs, and desires.	One of you feels unheard and is unable to communicate what you want.
Trusting and being honest with yourself and each other.	You lie to each other and make excuses for their actions.
Sharing sexual histories and sexual health status with a partner.	Your partner keeps their sexual history a secret or hides a sexually transmitted infection from you.
Practicing safer sex methods and respecting sexual boundaries.	You feel scared to ask your partner to use protection or you have had sex when you didn't really want to.
Resolving conflicts in a rational peaceful, and mutually agreed upon way.	One or both of you yells, hits, shoves or throws things at the other in an argument.
There is room for positive growth and you learn more about each other as you develop and mature.	You feel stifled, trapped, and stagnant. You are unable to escape the pressures of the relationship.

8 Tips for HEALTHY RELATIONSHIPS in 2008

(Studies show that people with healthy relationships really do have more happiness and less stress).

1. **Keep expectations realistic.** No one is everything we want them to be. Sometimes people disappoint us.
2. **Talk with each other.** Take the time to really be there, genuinely listen without interruption.
3. **Be flexible.** Healthy relationships mean change and growth are allowed!
4. **Be trustworthy.** If you make plans, follow through. If you take on a responsibility, complete it.
5. **Fight fair.** All relationships have some conflict.
6. **Keep your life balanced.** People help make our lives satisfying but they can't create our satisfaction for us.
7. **Know it's a process.** Sometimes it looks like everyone else on campus is confident and connected.
Actually, most people feel just like you feel, wondering how to fit in and have good relationships.
8. **Be Yourself!** It's much more fun and easier to be YOU than to pretend to be something or someone else.

What's Love Got to Do With It?

Love is wonderful. Love is scary. Love is confusing. Love is everywhere.

What is LOVE?...

- | | | | | | |
|-----------------|--------------------------|-----------|-------------|-------------|---------------|
| *responsibility | *hard work | *pleasure | *commitment | *friendship | *caring |
| *communication | *honesty | *intimacy | *trust | *respect | *compromising |
| *closeness | *recognizing differences | | *openness | | |

Love Is NOT...

- | | | | | | |
|------------|-------------------|-----------|-------------|---------------|----------------|
| *jealously | *pain | *violence | *rape | *obsession | *being selfish |
| *cruelty | *proving yourself | *fear | *dependency | *intimidation | *manipulation |

BILL OF DATING RIGHTS

I have the right to:

- | | | |
|--------------------------------|--|----------------------------|
| *trust myself above all others | *decent treatment by anyone I date | *say NO |
| *refuse to date anyone | *be safe on a date | *pay my own way on a date |
| *refuse to have sex | *be assertive on a date | *be respected as a person |
| *disagree with my date | *fulfill myself with or without a partner in my life | *get angry |
| *know who I am dating | *determine who I will date | *be loved |
| *be cared about | *leave any situation my instincts tell me to | *maintain high self-esteem |
| *know who I am | *prosecute for battery and sexual assault | *experience intimacy |

Perspectives on Healthy Relationships

"To me, a healthy relationship is one where I receive respect from my partner—respect for who I am and respect for the right that I have to make my own decisions about my body." - **Naina, 19**

"In a healthy relationship the person you are with respects you and your opinion and is willing to listen to you." - **Carmin, 21**

"Healthy relationships are mutually respectful, energizing partnerships that add intimacy and connection to life without harming other relationships." - **Ben, 20**