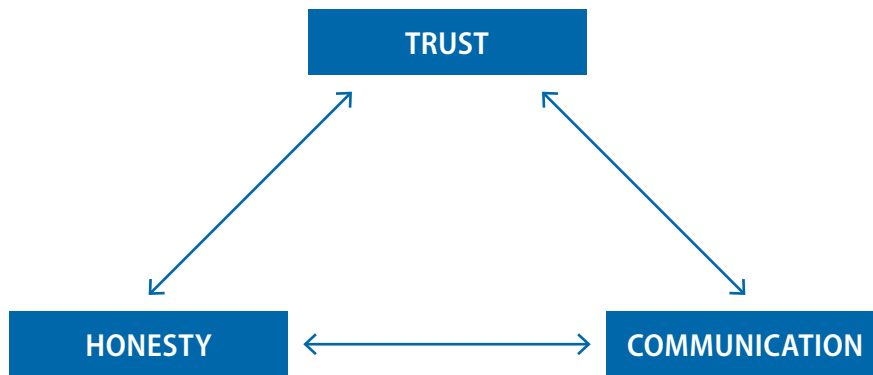


# What are Healthy Relationships?

*Adapted by TCFSH from The National Domestic Violence Hotline and loveisrespect.org*



In a healthy relationship, both partners work together to establish a foundation of trust, honesty and good communication. This foundation allows both partners to feel supported in the relationship and the freedom to voice any concerns.

## **A healthy relationship has:**

- Trust:** Partners believe what the other has said without the need for anyone to “prove” themselves.
- Honesty:** Partners are open, sincere and truthful with each other.
- Good Communication:** Partners are able to talk openly about problems, while listening to each other. They also respect each other’s opinions, especially when they differ.
- Respect:** Partners value each other for who they are, and do not try to change the other person. They also honor their partner’s emotional, physical, spiritual and digital boundaries.
- Equality:** Partners make decisions together and each is held to the same standards in the relationship.
- Personal Time:** Partners are able to spend time together, alone, or with others. There is a mutual understanding that everyone needs time for themselves.
- Self-Care:** Partners take the time to care for their own needs, which helps them respond to their partner in a healthy and positive manner.

