Healthy Relationships Include:

Open & Honest Communication
Sharing personal information, intimate thoughts, and feelings; comfortably expressing opinions; and talking about differences.

Positive Management of Differences
Handling disagreements respectfully; exhibiting good problem-solving skills and self-control during emotional situations

Caring & Kindness
Providing emotional support for each other; being aware of the other’s life, thoughts, and feelings; demonstrating empathy, sensitivity, and understanding during interactions.

Closeness
Displaying age-appropriate levels of physical attraction/contact; mutual exchanges of fondness; appropriate displays of affection.

Fun & Friendship
Sharing common interests; balancing time with each other and time with other friends doing activities they enjoy.

Shared Values
Holding similar and positive attitudes and goals for school and life; valuing each other’s feelings, beliefs, and boundaries.

Commitment & Respect
Showing mutual respect and trust; treating one another with honesty and integrity; remaining true to your real self and liking the other for the person they are.

Relationship Facts:

About 1 in 5 teens say most of their friends are in unhealthy relationships.

About 1 in 10 teens have been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend.