Healthy Relationships

Everyone deserves to be a in a healthy relationship, where they feel safe and respected. What qualities should you look for in a partner?

Someone who:

- Treats you with respect.
- Doesn't make fun of things you like or want to do.
- Never puts you down.
- Doesn't get angry if you spend time with your friends or family.
- Listens to your ideas
- Is non-judgemental
- Is willing and able to compromise with you.
- Isn't excessively negative.
- Shares some of your interests
- Encourage and supports you in pursuing what you love.
- Isn't afraid to share their thoughts and feelings.
- Is comfortable around your friends and family.
- Is proud of your accomplishments and successes.
- Respects your boundaries and does not abuse technology.
- Doesn't require you to "check in" or need to know where you are all the time.
- Is caring and honest.
- Doesn't pressure you to do things that you don't want to do.
- Doesn't constantly accuse you of cheating or being unfaithful.
- Encourages you to do well in school or at work.
- Doesn't threaten you or make you feel scared.
- Understands the importance of healthy relationships.
- Is open and honest with you
- Is not jealous of your relationships

You and your partner should always communicate freely and not be afraid to speak your mind. Being in a healthy relationship means that you are always to listening and considering what your partner has to say.

Adapted from: http://www.loveisrespect.org/