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What Makes a Healthy Relationship?

A healthy relationship is when:

- You have fun together
- You both feel like you can be yourselves
- You can be open and honest
- You can have different opinions and interests
- You feel safe and free from harm
- You listen to each other
- You respect each other
- You trust each other
- You feel like you are both equal
- You feel valued and value the relationship
- You can both compromise, say sorry and sort out arguments
- You don't have to spend all your spare time together
- It feels genuine

Respect

If you are in a relationship you must be treated with respect, which means your boyfriend, girlfriend, partner, wife husband etc:

- Is willing to compromise
- Lets you feel comfortable being yourself
- Is able to admit to being wrong
- Tries to resolve conflict by being open with them
- Respects your feelings your opinions, your friends
- Accepts you saying 'no to things you don't won't to do (like sex)
- Accepts you changing your mind
- Respects your wishes if you want to end the relationship

When someone loves you, you feel valued, respected and free to be yourself.

You shouldn't be made to feel intimidated or controlled.

(Source: unknown.)