



Healthy Relationships

Love is Respect

Communication is a key part to building a healthy relationship

- It enables partners to treat each other with respect.
- It enables partners to speak openly to one another about thoughts and feelings.
- It enables partners to feel heard when expressing feelings.
- It enables partners to listen to each other and compromise.

The following tips can help you create and maintain a healthy relationship

- *Speak up*
- *Respect your partner*
- *Compromise*
- *Be supportive*
- *Respect each others privacy*



Setting Healthy Boundaries

- Each person should express to their partner what they are and are not comfortable with, when it comes to sex life, finances, family and friends, personal space and time. In a healthy relationship with boundaries, both partners:
- Allow each other to spend time with friends and family
- Do not abuse technology to check on a partner
- Trust each other and not require their partner to “check in”
- Do not pressure the other to do things that they don't want to do
- Do not constantly accuse the other of cheating or being unfaithful



The most beautiful thing is to see a person you love smiling. And even more beautiful is knowing that you are the reason behind it.

Healthy Relationship Boosters

- Find a fun simple activity you both enjoy
- Discuss the reasons why you enjoy being in the relationship
- Watch movies together
- Go out with people who love and care about you both
- Take a day off and enjoy each other's company
- Take time to laugh with each other
- Take care of you



What isn't a healthy relationship?

Sometimes the person you want most is the person you are better off without.

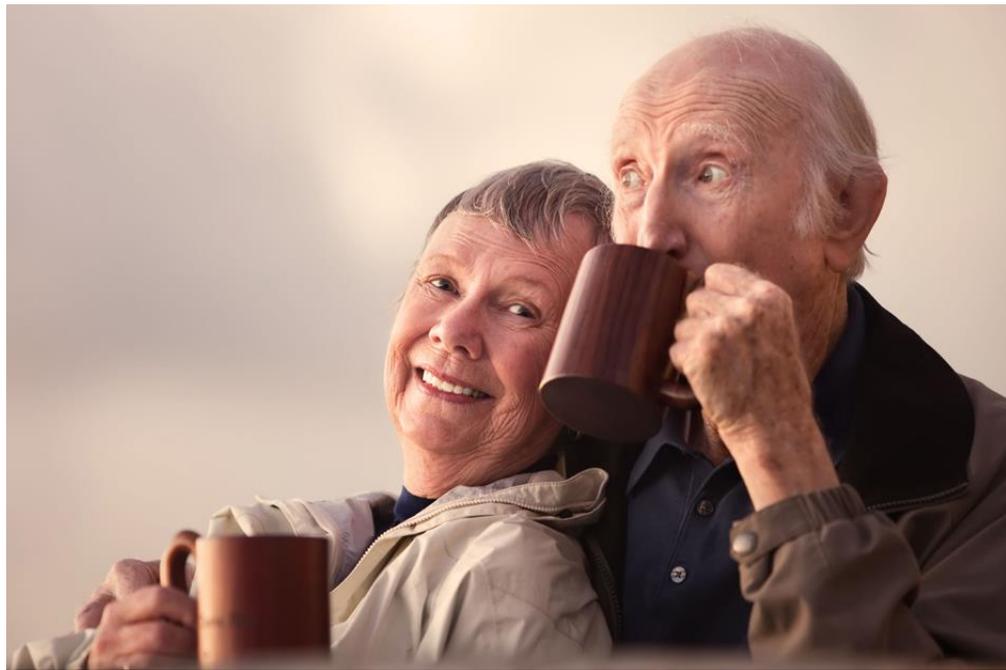
Relationships that are not healthy are based on power and control

- Possessiveness
- Insults
- Jealous
- Accusations
- Yelling
- Humiliation
- Physical abuse
- Stalking
- Emotional/psychological abuse
- Withholds money
- Exertion of power
- Isolation

If you think your relationship is unhealthy, it is important to think about your safety now

- Understand that a person can only change if they want to.*
- Focus on your own needs*
- Connect with your support systems*
- Think about breaking up*

- *Even though you cannot change your partner, you can make changes in your own life to stay safe. Consider leaving your partner before the abuse gets worse. Whether you decide to leave or stay, make sure to use safety planning tips to stay safe.*
- *West Virginia Coalition Against Domestic Violence*
 - *304.965.3552*



A good healthy relationship can last a long time but you and your partner must always work on keeping it healthy. You can't experience "they lived happily ever after" without some work!