**Your Relationship is Healthy If…**

* You trust your partner.
* Your partner likes your friends and encourages you to spend time with them and wants to include them in his/ her life as well as yours.
* You make important decisions together.
* Your partner understands when you spend time away from him or her and vice versa.
* You don’t have to lie to protect your partner’s reputation or cover for his/her mistakes.
* Disagreements are handled fairly and using facts, not emotional attacks.
* Your partner encourages you to enjoy different activities (like joining the volleyball team or football team, running for student government, or being in a play) and helps you reach your goals.
* Your partner likes you for who you are—not just for what you look like.
* You and your partner show respect for one another.
* You have and continue to talk about your goals for and feelings about the relationship.
* You are not afraid to say what you think and why you think that way. You like to hear how your partner thinks, and don’t always have to agree.
* You have both a friendship and a physical attraction.
* You don’t have to be with your partner 24/7.
* The relationship is based on equality, open communication, respect for boundaries, trust and commitment.

A healthy relationship is built around respect, fun, honesty, a sense of humor, trust, love, space, compatibility, compromise, caring, listening, maturity, forgiveness, understanding, empathy, change, growth, learning from each other, sharing, friendship, being faithful, and commitment.

