HEALTHY RELATIONSHIP TIPS

The building blocks of all relationships:

COMMUNICATION

- Treat each other with respect
- Speak openly to one another about thoughts and feelings
- Feel heard when expressing feelings
- Listen to each other and compromise
- Do not criticize each other
- Feel supported to do the things they like
- Celebrate each other’s accomplishments and successes

SOURCE:
http://www.thehotline.org/is-this-abuse/healthy-relationships/

BOUNDARIES

- Each person should express to their partner what they are and are not comfortable with, when in comes to intimacy, finances, family, 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 don’t 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

What is consent?
Consent is a clear and unambiguous agreement to engage in a particular activity.
- Consent must be voluntarily given
- You are allowed to change your mind
- Staying silent or unsure doesn’t automatically mean “yes”
- Don’t feel pressured to do something you don’t want to

Don’t Lose Your Identity

- You are still an individual
- It’s okay to disagree
- You don’t need to change to make someone like you
- Don’t let the relationship define you

HEALTHY

- Honesty
- Compromise
- Respect
- Individuality
- Understanding
- Problem Solving

UNHEALTHY

- Peer Pressure
- Hostility
- Controlling Behavior
- Violence
- Dependence
- Grudges

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