

# HEALTHY RELATIONSHIP?

How can I tell if my relationship is healthy, unhealthy or abusive?

## HEALTHY

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

## UNHEALTHY

You may be in an unhealthy relationship if your partner:

- Not communicating
- Disrespectful
- Not Trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

## ABUSIVE

Abuse is occurring in a relationship when one partner is:

- Controlling
- Mistreating
- Communicating in a hurtful or threatening way
- Accusing the other of cheating when its untrue
- Isolating their partners from others
- Denying their actions are abusive
- Violence

Maintaining a healthy relationship takes time, energy and care!  
Healthy relationships make everyone feel respected, happy and safe





**WHAT IS A**

# **HEALTHY RELATIONSHIP?**

## **MAKE YOUR OWN LIST!**

Having our own personal list of what a healthy relationship means for us can make it easier to figure out what we want in a relationship and what we don't want.

It can also help us think about what kind of partner we want to be and assess what we are good at already and what we might need to work on.

Creating healthy relationships is a process and we are all learning. Building healthy relationships does take work, but they should be fun and enjoyable too!

We don't always see good examples of healthy relationships in our lives or in media, so it's important to find good role models or seek out more examples.

## **HEALTHY RELATIONSHIPS INCLUDE:**

Mutual Respect    Mutual Trust    Honesty    Consent  
Compromise    Individuality    Equality  
Good Communication    Anger Control  
Problem Solving    Understanding & Kindness  
Boundaries    Care & Compassion    Patience  
Support    Quality Time Together    Affection  
No Drama Time Apart    Safety

**EVERYONE DESERVES  
HEALTHY, POSITIVE AND CARING RELATIONSHIPS!**

For more information please go to the Canadian Women's Foundation  
[www.canadianwomen.org/the-facts/teen-healthy-relationships](http://www.canadianwomen.org/the-facts/teen-healthy-relationships)

