

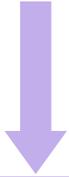
Healthy relationships involve acting on your values and what's important to you. In healthy relationships, all partners should respect each others' wants and needs.

Healthy relationships should be a source of support and happiness, most of the time.

How do I know if my relationship is healthy?

In a healthy relationship, all partners:

- ✓ Respect each other's feelings, needs, desires, and boundaries
- ✓ Support each other's confidence
- ✓ Communicate openly and honestly
- ✓ Are free to leave the relationship at any time
- ✓ Ask and receive **consent** before any sexual contact



What's Consent?

Consent is when someone says "yes," gives permission, or clearly agrees through mutually understandable words or actions to engage in sexual activity.

Consent should be:

- ✓ Freely given for every sexual act, every time
- ✓ Given when all parties are sober
- ✓ Enthusiastic!



Here are some ways to ask for consent:

- "Is it OK with you if I..."
- "Would you like it if I..."
- "What would you like to do?"

Here are some ways to give consent:

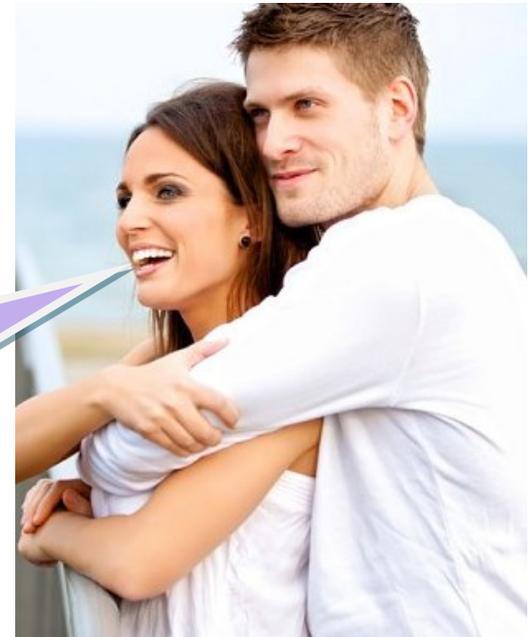
- "I would really like it if you..."
- "It feels good when you..."
- "Yes! I really want to do..."

How do I choose the right partner(s)?

Consider what you want and don't want in a relationship. Think about characteristics of potential partners and fill out the table below:

What qualities would I need in a partner for the relationship to work?	What qualities would I like in a partner, but wouldn't necessarily need?
Example: They treat me with respect	Example: They like dogs
What qualities would I tolerate in a partner, but wouldn't necessarily end the relationship?	What qualities in a partner would be deal-breakers ?
Example: They are messy	Example: They don't share my political beliefs

You're more likely to feel happy in relationships when you choose partners who share your values and respect your needs, and when you fulfill the same for them.



Examples of unhealthy behaviors in relationships include:

- Someone shaming their partner(s) for things they have done in the past
- Someone pressuring or forcing another person into sexual contact, or simply not receiving consent before sexual activity
- Someone monitoring their partners' texts
- Someone telling their partner(s) who they can and can't hang out with
- Someone feeling like their relationship causes more pain or stress than happiness and support



Sometimes it can be difficult to end an unhealthy relationship or choose a healthy relationship when you have sexual and/or romantic feelings for someone. **However, when you make decisions based on what's important to you, you're more likely to be happy and healthy in the long-term.**

To learn more about healthy relationships, check out these websites:

- www.loveisrespect.org
- www.scarleteen.com
- www.wrcnm.org
- www.beforeplay.org
- www.nwhealth.org

If you have been sexually assaulted or physically abused, you are not alone and it's not your fault.

24/7 National Domestic Violence Hotline:
1-800-799-7233

Women's Resource Center of Northern Michigan: **1-800-787-3224**



1-800-4342-4121
nwhealth.org



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Healthy Relationships

