

TIPS FOR TEENS

RELATIONSHIPS



HEALTHY RELATIONSHIPS: The most important traits of a healthy relationship are trust and safety. Also, you should be free to have separate activities, friendships, and hobbies, and should feel comfortable with any physical activity in the relationship.

UNHEALTHY RELATIONSHIPS: If you are in an unhealthy relationship, you may feel like you are not taking care of yourself. Your partner may demand most of your time and make you feel bad when you are not together. There may even be verbal and physical fighting. You may be forced or coerced into performing sexual activities that make you uncomfortable.

TIP 1: COMMUNICATE YOUR FEELINGS

It is important to be able to discuss your feelings with your partner. Let him or her know when you are hurting, or when something bothers you.

TIP 2: IF IT FEELS WRONG, IT IS

If you are with someone and you feel pressure to do or say something you are uncomfortable with, it is probably because it is wrong.

TIP 3: KEEP HEALTHY BOUNDARIES

It is important to have balance in your life. Try not to have your relationship be your only focus.

TIP 4: SHARE DECISIONS

One person in the relationship should not be making all the decisions. It is okay to tell your partner what you need, and to express your opinions freely.

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