

Healthy Relationships: (6TH-12TH)

It is important at your age to identify healthy relationships. It's good to know who the person is and if they are right for you. All relationships aren't good ones even if they seem to be. No matter what you have to be confident enough to know this and walk away if the relationship is bad for you. Here are some ways to identify a healthy relationship and a bad relationship.

Pro-Tip: It's okay if you aren't sure if the relationship is bad or not. Just continue to see what happens but make sure it doesn't get too bad.

Here are some ways to identify a healthy relationship:

- Mutual Respect
 - You understand each other's boundaries
- Trust
 - Give each other the benefit of the doubt
- Honesty
 - Don't lie to each other
- Individuality
 - You should be able to be yourself with no problems
- Good communication
 - You should be able to speak to each other openly and honestly with respect

Here are some ways to identify an unhealthy relationship:

- Control
 - One person makes all the decisions and doesn't let the other have a choice
- Dishonesty
 - They keep important information from you or go behind your back
- Disrespect
 - They treat like you are less than a person.

These are very important tips that work for friendships & even dating. In this link you can find more information & tips on a good relationship. Whether it's dating or just friends all these tips apply for both!

<https://youth.gov/youth-topics/teen-dating-violence/characteristics>