



# Healthy Relationships

Developing Relationships that  
Empower and Enhance Growth



# Learning Objectives:

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- 1) What a healthy relationship looks like – what are the characteristics?
- 2) Barriers to healthy relationships – what are the red flags?
- 3) Tips for building a healthy relationship

# Healthy Relationships

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*What do you think are characteristics of healthy relationships?*

# What is a Healthy Relationship?

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- ❖ You have rights, I have rights
- ❖ Clear, flexible boundaries
- ❖ Clear, respectful communication
- ❖ Clear and reasonable expectations
- ❖ Honesty and integrity
- ❖ Empathy and compassion
- ❖ Physical, sexual, emotional boundaries are respected with no serious injury
- ❖ 2 whole people who choose to be together



# RELATIONSHIPS EXIST ON A SPECTRUM

All relationships exist on a spectrum, from healthy to abusive to somewhere in between. Below, we outline behaviors that occur in healthy, unhealthy and abusive relationships.

## HEALTHY

A **healthy relationship** means that both you and your partner are:

**Communicating:** You talk openly about problems, listen to each other and respect each other's opinions.

**Respectful:** You value each other as you are. You respect each other's emotional, digital and sexual boundaries.

**Trusting:** You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.

**Honest:** You are honest with each other, but can still keep some things private.

**Equal:** You make decisions together and hold each other to the same standards.

**Enjoying personal time:** You both can enjoy spending time apart, alone or with others. You respect each other's need for time apart.

## UNHEALTHY

You may be in an **unhealthy relationship** if one or both partners is:

**Not communicating:** When problems arise, you fight or you don't discuss them at all.

**Disrespectful:** One or both partners is not considerate of the other's feelings and/or personal boundaries.

**Not trusting:** One partner doesn't believe what the other says, or feels entitled to invade their privacy.

**Dishonest:** One or both partners tells lies.

**Trying to take control:** One partner feels their desires and choices are more important.

**Only spending time with your partner:** Your partner's community is the only one you socialize in.

## ABUSIVE

**Abuse** is occurring in a relationship when one partner:

**Communicates** in a way that is hurtful, threatening, insulting or demeaning.

**Disrespects** the feelings, thoughts, decisions, opinions or physical safety of the other.

**Physically hurts** or injures the other partner by hitting, slapping, choking, pushing or shoving.

**Blames** the other partner for their harmful actions, makes excuses for abusive actions and/or minimizes the abusive behavior.

**Controls and isolates** the other partner by telling them what to wear, who they can hang out with, where they can go and/or what they can do.

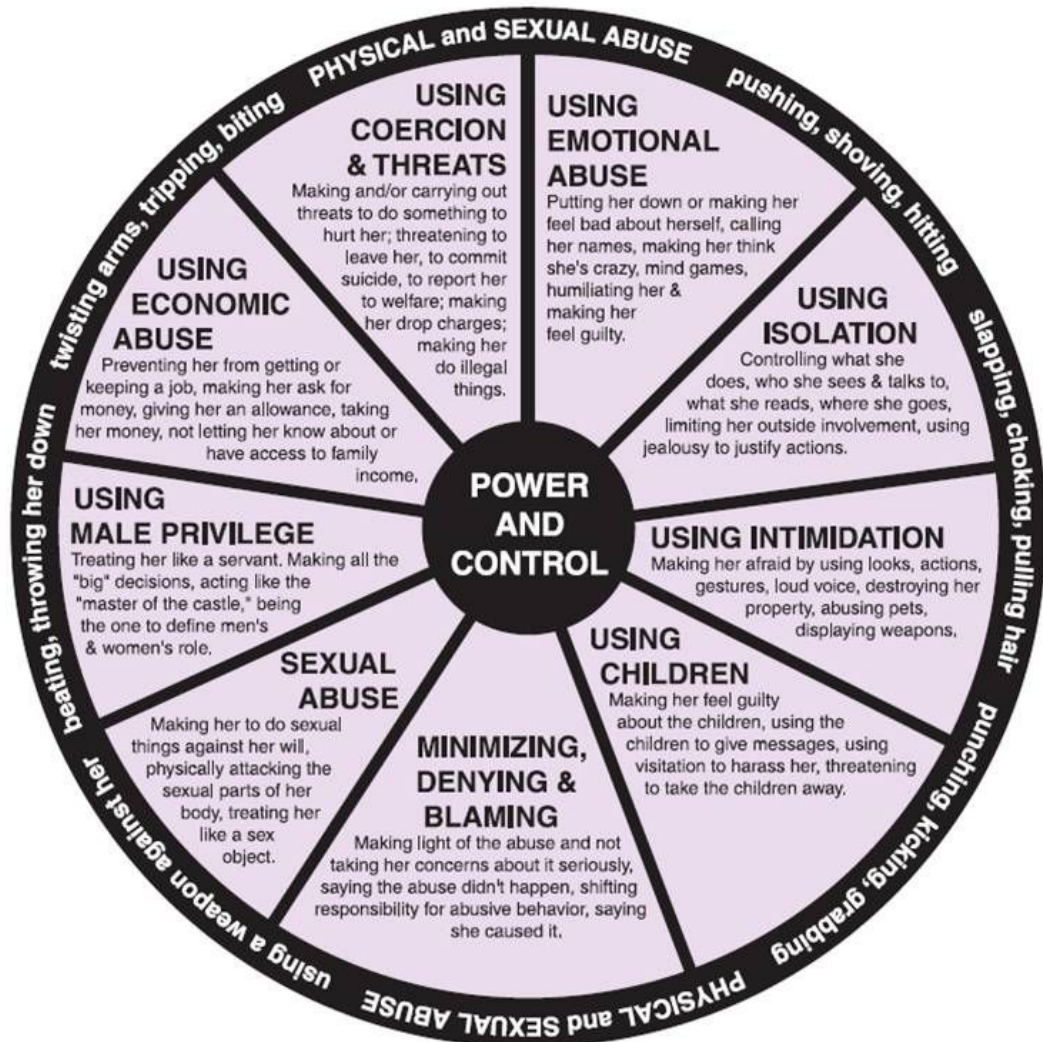
**Pressures or forces** the other partner to do things they don't want to do; threatens, hurts or blackmails their partner if they resist or say no.

# Barriers to Healthy Relationships

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- ❑ Abuse of any kind
- ❑ Yelling
- ❑ Domination
- ❑ Any levels of control or controlling behavior
- ❑ Inability to voice a difference of opinion





# Scenario 1

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The person that you are dating feels they should have a say in who your friends are. Your partner tells you that since you are in a relationship with them, you shouldn't talk to your exes or hang out with people your partner doesn't approve of. They sometimes get jealous when they see you talking to certain people on social media because they think it is considered flirting and could lead to cheating.

*What would you say to your partner?*

*How would you advise a friend?*

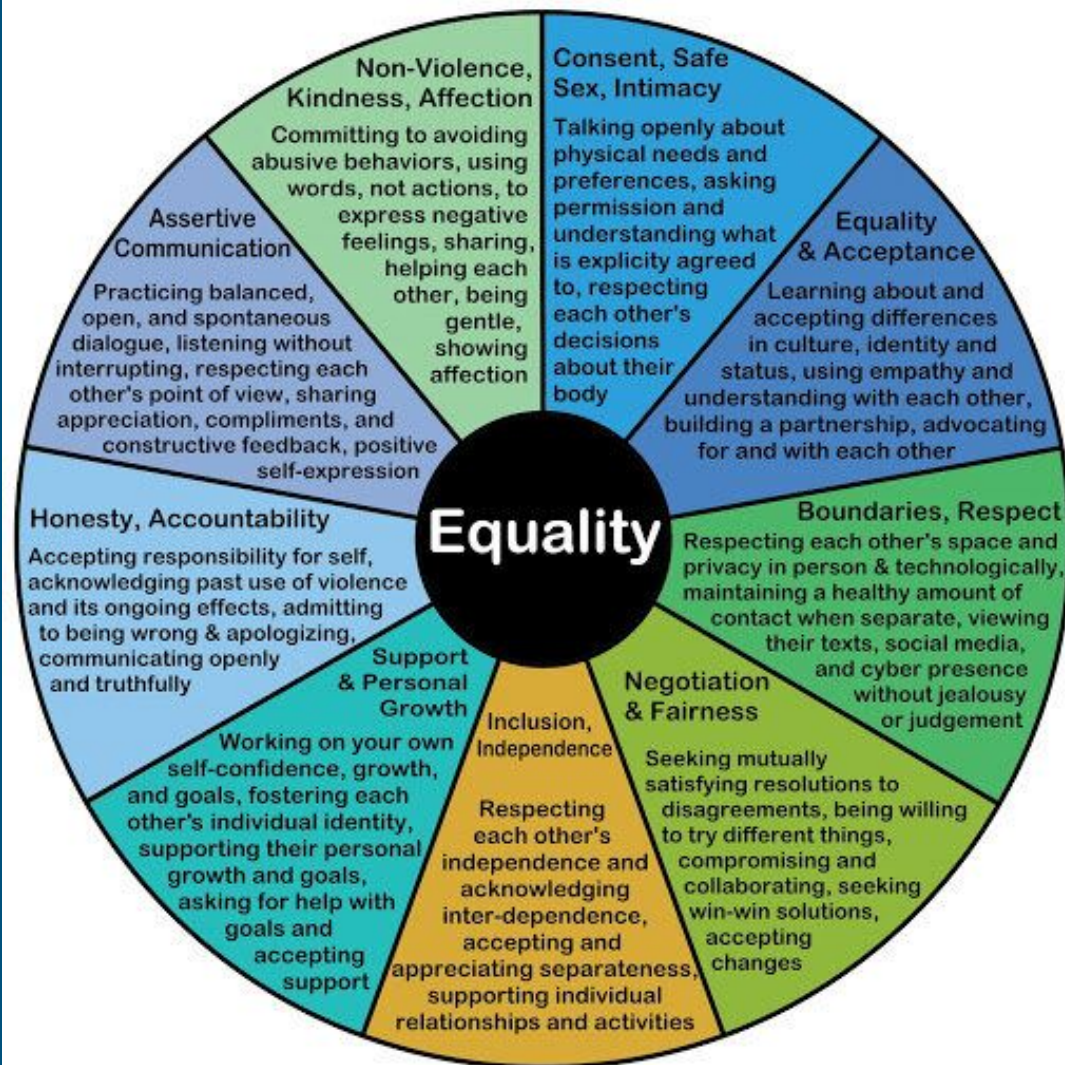


# Scenario 2

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You are having coffee with your friend and she confides in you that she is stressed out about her relationship. She tells you how her boyfriend likes it when she sends him sexually explicit pictures of herself; so she has done it a couple of times. She didn't see any harm in it but now he demands that she does it, even if she doesn't want to. She says that she tries to tell him she isn't comfortable doing it anymore, and he said since she did it before she has to do it again. She also says that he tells her since she is his girlfriend this is something that she is expected to do. Recently he has told her that he will even leak the ones that she has already sent if she doesn't continue to send them.

*How would you advise a friend?*



# Tips for Building a Healthy Relationship

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1. Know who you are- your strengths and weaknesses
2. Be the kind of person that you would want to hang out with
3. Listen more than you speak
4. Be genuine and authentic
5. Be flexible
6. Know and Communicate your boundaries clearly
7. Be forgiving
8. Be generous/ Serve rather than being served
9. Speak truth in a loving way



**Public**

**Social**

**Intimate**  
(2 - 3)

# What if someone I know is in an abusive relationship...

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National Domestic Violence Hotline: Hours: 24/7. Languages: English, Spanish and 200+ through interpretation service

**800-799-7233**



# Relationship Bill of Rights

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- You have rights in your relationship. Everyone does, and those rights can help you set boundaries that should be respected by both partners in a healthy relationship.
- You have the right to privacy, both online and off
- You have the right to feel safe and respected
- You have the right to decide who you want to date or not date You have the right to say no at any time (to sex, to drugs or alcohol, to a relationship), even if you've said yes before
- You have the right to hang out with your friends and family and do things you enjoy, without your partner getting jealous or controlling
- You have the right to end a relationship that isn't right or healthy for you
- You have the right to live free from violence and abuse

# Action Steps

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1. Evaluate your relationships
2. Evaluate your behaviors
3. Create your social circle the way it is; then create the social circle that would be healthy based on what we have learned.
4. Start slowly sharing a boundary you want to enforce that will create health
5. If you are in a dangerous situation - access resources to get the help you need TODAY
6. What is ONE thing you want to change today about your relationship?

# Facebook Feedback:

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- Boundaries. Understanding personal belief systems. Compassion. Interfaith. Communication
- Communication, Truth, Selflessness
- Being completely honest, definitely communication, being genuinely interested in what others have to say, listening, and eye contact also being your true authentic self
- Nonjudgmental attitude, open communication, good listener, connection without having everything the same, showing love (faith), serving others without expecting anything in return
- Communication, honesty, loyalty, selflessness
- Mutual respect
- Treat people like I want to be treated.



# Facebook Feedback

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- Self-confidence, Mutual trust, Communication, and Boundaries
- Honoring one another
- Believing the best about one another
- Choosing relationship over being right
- Protecting each other's hearts at all cost
- Choosing empathy, expressing joy, and sharing burdens. Taking sadness. Valuing experiences and a shared memory that no other can have.
- Being Educated on the others person mental health
- The ability to see things from someone else's perspective.
- Listen! Try to process and breathe before responding.

# Resources

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Reach - <https://reachma.org/>

<http://www.loveisrespect.org/wp-content/uploads/2016/08/highschool-educators-toolkit.pdf>

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