

# Are They RIGHT or Are They WRONG!!

## Healthy Relationship Checklist

Relationships are an important part of life starting from the day we're born. As teens and adults, dating and intimate relationships emerge as one of the most rewarding and challenging connections we'll make. It is essential to our own happiness and well-being that we are able to distinguish those relationships that are healthy from those that are unhealthy. While many of us may feel that we have few role models in our lives to learn good relationship skills from, it is never too late to educate yourself and ensure your own success. Take a look at the relationships in your life. Are they healthy? If not, it's your right to take a stand.

**You are more important than any single relationship. Despite the pressure you may feel to be dating or intimate, choosing to live without an unhealthy relationship is a sign of strength, pride and independence that will ultimately lead to a more rewarding relationship in the future.**



How do you know if the relationship you're in is a healthy one?

- You love yourself and take care of yourself. right wrong
- You're happy with or without your partner. right wrong
- You're active and have meaningful friendships outside of your relationship. right wrong
- You have your own ideas and opinions. right wrong
- You communicate your needs to your partner. right wrong
- Your partner is respectful of your feelings, thoughts and opinions. right wrong



"It doesn't matter what we're wearing, what we've done in the past, or whether or not we said yes but then changed our mind. ***It's hot when guys respect our decision. Hey, real men respect. And respect is hot.***"

## Healthy Relationship Checklist Con't.

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|-------|-------|---|
| right | wrong | You and your partner listen to each other without judging each other.                       |
| right | wrong | Both you and your partner admit when you're wrong.  |
| right | wrong | You discuss differences and compromise equally.   |
| right | wrong | You and your partner value each other as individuals.                                       |
| right | wrong | You both feel secure about your feelings for each other without jealousy or possessiveness. |
| right | wrong | You and your partner accept each other's choices without pressuring one another to change.  |
| right | wrong | You respect each other's need for privacy.  |
| right | wrong | You are honest with yourself and each other.  |
| right | wrong | You respect each other's boundaries and are able to say no to sex.                          |
| right | wrong | You both can and do keep agreements.  |
| right | wrong | Neither you nor your partner's needs come before the other. They are equally important.     |
| right | wrong | Arguments or fights do not lead to emotional or physical abuse or threats.                  |
| right | wrong | Neither partner feels that he/she is making a great sacrifice to stay with the other.       |
| right | wrong | Both of you maintain the freedom to be yourselves.  |

If you did not answer "right" to each of these questions, take time to decide if the relationship you're in is worth it. Each of us is important and deserves to be happy and healthy... even when we're sharing our lives with others.

**YOU DESERVE RESPECT!!!**

“So you pushed her to have sex.  
You played her.  
You pressured her.  
You even forced a little.

***Does that make you feel like a man?  
'Cuz you don't look like one to us.”***