



# RELATIONSHIPS

# WHAT MAKES A HEALTHY RELATIONSHIP??





- **MUTUAL RESPECT** – Both value who the other is and understands each other's boundaries. Does your partner listen when you say you're not comfortable doing something and then back off?

- **TRUST** – Jealous?? How a person reacts when feeling jealous matters.

- **HONESTY** – goes hand-in-hand with trust. Telling the truth!!! Situations where they lie and then you can't trust them.



- **SUPPORT** – In good and bad times. Shoulder to cry on and to celebrate with.
- **FAIR/EQUALITY** – Give and Take in the relationship. Hang with their friends and/or your friends. Power struggle?



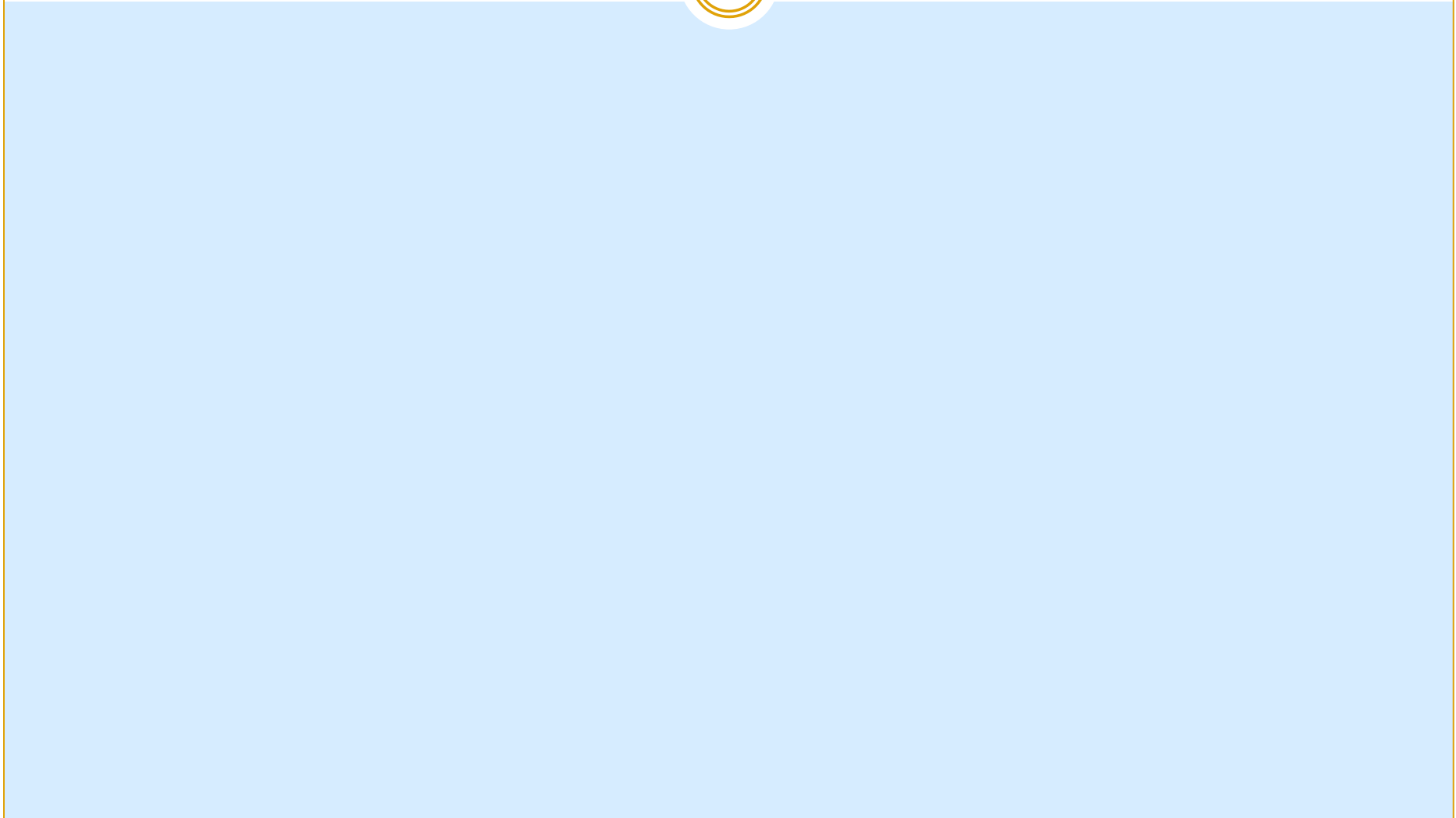
- **SEPARATE IDENTITIES!!** – Don't loose out on being yourself. Have your own lives (had it before, so have it during) Don't pretend you like something you don't. Don't give up seeing friends. Don't drop out of activities you love. FEEL FREE to make new friends, try new things, move forward in life.
- **GOOD COMMUNICATION!** – \*Ask if you don't know what they mean. \*Speak honestly and openly so miscommunication is avoided. \*Never keep feelings bottled up. \*May need space to think things through and the right person will give this to you!



**People were created  
to be loved,  
Things were created  
to be used.  
The reason why  
the world is in chaos,  
is because  
things are being loved  
& people are being used.**

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# WHAT MAKES AN UN-HEALTHY RELATIONSHIP??





- INVOLVES MEAN, DISRESPECTFUL, CONTROLLING, OR ABUSIVE BEHAVIOR
- EMOTIONAL, VERBAL, OR PHYSICAL ABUSE



**ABUSE: IT'S NEVER OKAY**



# WARNING SIGNS OF AN UN-HEALTHY RELATIONSHIP??



- Gets angry if you don't drop everything for them.
- Criticize the way you look.
- Tells you that will never find anyone else who will date you.
- Keeps you from seeing your friends, talking to other guys or girls.
- Wants you to quit things that you love.
- Raises a hand to hit you when they are angry.
- Tries to force you to go further sexually than you want to.

# WHY ARE SOME RELATIONSHIPS SO DIFFICULT???



- Hard for you to love someone when you don't love yourself.
- Self-esteem problems.
- May feel more like a burden than a joy.
- May not be ready for one. It is okay, take all the time you need.
- Teens are still growing and changing every day.
- Tough to put two people together whose identities are both still forming.
- May have outgrown the relationship and no longer feel the same about each other.

# RELATIONSHIPS!!!!



- May be one of the best, most challenging, parts of your world.
- May be Fun, Romantic, Exciting, Intense Feelings, and Occasional Heartache.
- Be choosy about who you get close to.
- Take your time and get to know plenty of people.

# WRITE IT DOWN!!



1. Take out a sheet of scrap paper.
2. Write down all the qualities that **you** value in a friend.
3. Do you have these qualities??
4. Are these the same qualities that you should be looking for in a relationship with a significant other??

# Friendship = Relationship



- Think about the qualities you value in a friendship and see how they match up with the ingredients of a healthy relationship.
- Work on developing good qualities in yourself!!
- Make sure the relationship you are in bring out the **best in both of you!**