

Name: _____

FACT SHEET 4
CHARACTERISTICS OF A
HEALTHY RELATIONSHIP

In Healthy Relationships:

- Partners share responsibility for decisions
- Both partners take responsibility for their actions
- There is honest communication; each feels safe expressing feelings
- Partners support and encourage each other's goals
- Both respect the other's opinions, thoughts and friends
- Partners make each other feel comfortable
- Partners can negotiate conflicts and compromise
- Partners can disagree with each other respectfully
- Partners want each other to grow and be happy
- Partners encourage each other to pursue separate activities/interests
- Each feels listened to and respected, even when there is a difference of opinions
- Partners can be honest about sex
- Each trusts the other to spend time with other friends that may include members of the opposite sex