

## Healthy Relationships

**Boundaries:** Both partners are able to say NO to anything that makes them feel uncomfortable and each partner respects the other partner's boundaries

**Kindness:** Treating each other with compassion

**Honesty and Responsibility:** Both partners take responsibility for their actions, admit when they are wrong, and are truthful with one another

**Open Communication:** Both partners are able to openly share, discuss their feelings, disagree, or have a different opinion without fear of consequences

**Respect:** Both partners value one another for who they are and value each other's opinions even if they are different

**Shared Responsibility:** Making decisions that affect both partners together

**Equality:** Both partners are equally valued and respected and neither partner has power over the other

**Trust:** Both partners are able to maintain friendships outside of the relationship and neither partner checks up on the other

**Support and Encouragement:** Both partners are supportive of each other's hopes and dreams

**Fairness and Negotiation:** Compromising, working together, and agreeing to disagree sometimes

**Safety:** Both partners feel safe with each other (physically and emotionally), both partners can be themselves, disagree, or share their opinions while still being respectful to one another

## My Boundaries

<b>Physical Boundaries</b>	<b>Emotional Boundaries</b>	<b>Digital Boundaries</b>
Ex. It's not OK for my partner to hit me	Ex. It's not OK for my partner to raise their voice at me	Ex. I won't text with my partner during dinner time with my family

**My Must Haves and Deal Breakers**

Must Haves	Deal Breakers