WHAT MAKES A HEALTHY RELATIONSHIP?

ASK YOURSELF A FEW QUESTIONS.

Is your relationship built on trust?
Are you honest and open with each other?
Do you respect each other?
Do you talk about your feelings, hopes, and fears?
Do you support one another’s interests, efforts, and goals?
Are you able to maintain and encourage individuality?
Do you feel and show fondness and affection?
Is there equality and fairness in your relationship?

IF YOU THINK YOU MAY BE INVOLVED IN AN ABUSIVE RELATIONSHIP, KNOW THAT YOU ARE NOT ALONE AND YOU CAN SEEK HELP.

SAFE HOPE
(316)283-0350
1-800-487-0510
24 HOUR HELP LINE

ADOLESCENT CRISIS HOTLINE
1-800-448-3000
24 HOUR HELP LINE

Physical Abuse
• Hitting, pushing
• Using a weapon
• Throwing things
• Shoving, choking
• Damaging your things
• Touching you in an unwanted way

Emotional Abuse
• Name calling
• Guilt, criticism
• Spreading rumors
• Ignoring feelings
• Inappropriate anger
• Threatening a partner
• Humiliating a partner

Be aware of the warning signs of abuse and seek help.

Harvey County
KANSAS LEARNING CENTER FOR HEALTH
LEARNINGCENTER.ORG

United Way
HARVEYUNITEDWAY.ORG
How do you build and maintain a healthy relationship?

1. Communicate
   Good communication shows others that they are important to you.

2. Listen Actively
   Make eye contact, ask questions, nod in agreement, don’t interrupt.

3. Be Honest
   Tell the truth even when it’s hard; being honest shows respect.

4. Respect
   Respecting yourself, as well as your partner, is very important.

5. Compromise
   Come together to find solutions that are agreeable to both partners.

6. Have Fun
   You should feel safe and happy while you enjoy spending time together.

7. Encourage
   Encouragement builds trust and makes others feel safe and accepted.

8. Set Aside Time
   It’s important to have time alone, as well as, time with your family and friends.

9. Trust
   Build trust by being true to your word and following through with your actions.

10. Set Boundaries
    Share what you are comfortable with and how you would like to be treated.

A healthy relationship should make you feel good and help you grow as a person.