



Be Real With Us

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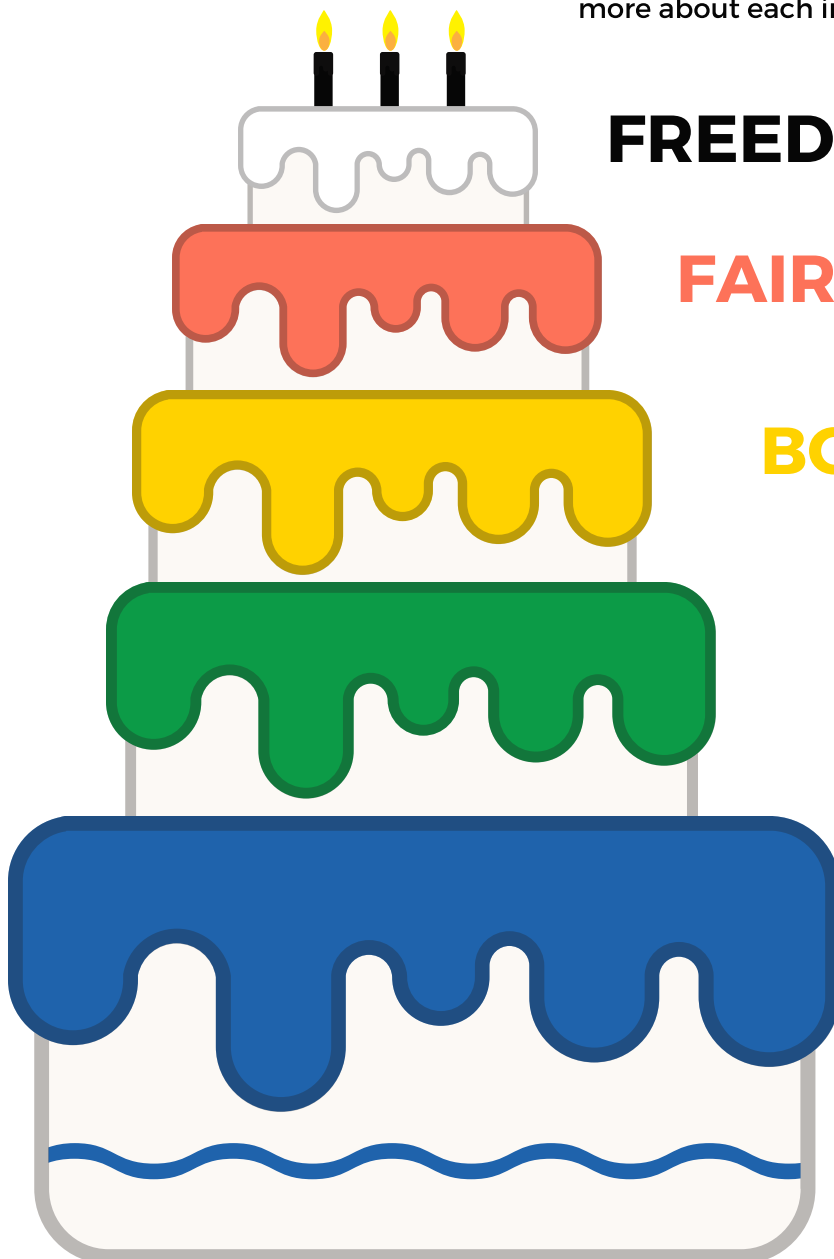
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Web: breakthecycle.org

# HEALTHY RELATIONSHIPS 101

Whether your relationship is casual, serious, or even a friendship, it's important to feel respected, safe, and heard. We like to remember this by thinking of the keys to a healthy relationship like the ingredients of a cake. Look at the image below to see what ingredients you need to make your relationships healthy. Then learn more about each ingredient on the next page.



**FREEDOM**

**FAIRNESS**

**BOUNDARIES**

**TRUST &  
SUPPORT**

**OPEN  
COMMUNICATION**



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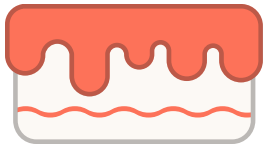
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# HEALTHY RELATIONSHIPS 101



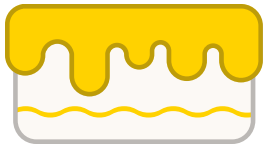
## FREEDOM

You might spend a lot of time with your partner, but you also need your space. Both partners should be able to have their own hobbies, likes, and outside friends. Always be yourself and know that you have the right to be free!



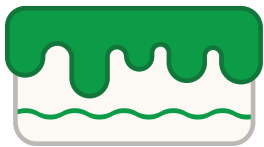
## FAIRNESS

Relationships shouldn't be one-sided. Each person should be willing to compromise and listen to the other person's thoughts and needs. When it comes to opinions, both of yours matter.



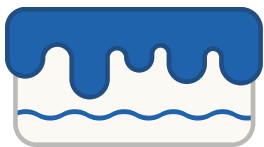
## BOUNDARIES

Each person has a right to decide what they are okay with in a relationship. This includes physical stuff, how often you talk to your partner, and whether you share your social media passwords. If you don't like when your partner texts and calls too much or doesn't give you alone time, you have the right to speak up!



## TRUST & SUPPORT

Being able to rely on your partner helps you feel safe and secure in the relationship. It's about knowing someone has your back and best intentions at heart. You expect your partner to be honest and they don't let you down.



## OPEN COMMUNICATION

Communication is a huge part of all relationships. Being able to express how you feel and taking time to listen to the other person is important and essential.

Healthy relationships may be like cake, but they aren't always a piece of cake. Like anything worth having, good relationships take work and dedication. Learn more about healthy relationships at [breakthecycle.org](http://breakthecycle.org).