

Healthy Relationships 101

Relationships are fun, but they also require effort from both people! Whether it's casual, serious, or even a friendship, it's important to feel respected, safe, and heard.

Here are some keys to a healthy relationship:

Open Communication

Communication is a huge part of all relationships. It's important to be able to express how you feel and listen to the other person.

Trust & Support

Being able to rely on someone else can make you feel safe and secure in your relationship. It's knowing someone has your back and best intentions. You expect them to be honest and they don't let you down.

Fairness

Relationships shouldn't be one sided. Each person should be willing to compromise and listen to the other person. Your opinion matters, and so does your partner's.

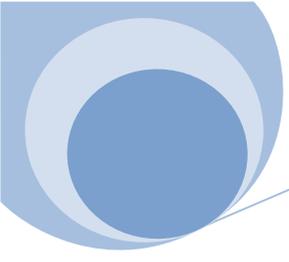
Freedom

You might spend a lot of time with your partner, but you also need your space. Both people 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!

Boundaries

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

Break the Cycle inspires and supports young people to build healthy relationships and create a culture without abuse. Our dynamic and diverse team believes that all young people deserve to live in a world where they can thrive. Our values and work centers young people and their lived realities, leadership, vision, and hopes for the future.



What about when it's unhealthy or abusive?

There are times when we think something is okay, but it's really not. Here are some signs it may be time to rethink your relationship:

- Using jealousy as a sign of their love and/or making you jealous on purpose
- Moving too fast and not respecting boundaries
- Constantly blaming you, and not taking responsibility for their actions
- Believing that their feelings or opinions are more important than yours
- You feel like you can't tell them no

Remember, everyone has a right to feel respected and safe in their relationships. If something is happening that doesn't feel okay, talk to someone you trust. There is help and support available to you!

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