

Signs of a Healthy Relationship

- Respecting each other.
- Knowing that you make each other better people.
- Sharing common interests, but having outside friends and activities too.
- Settling disagreements peacefully and with respect.

Relationships are supposed to make both people feel happy. People should feel good about what happens when they are together.

Respect

- You ask each other what you want to do.
- No one tries to control the other person.

Common Interests

- You enjoy doing things together, but no one feels forced to do anything.
- If you do have a disagreement—and it's OK to disagree—you both get to say what you want, talk until you're both happy, and then go out and enjoy what you've planned.

Being With Each Other or Being Apart

- You enjoy each other's company and feel happy when together.
- You each feel free enough to have your own friends and interests outside the relationship.