

Ways to Make Your Relationship Healthy

Respect Each Other

Show you really care by sharing your thoughts and feelings. Listen to what your partner has to say.

Ask About the Other Person's Interests

Talk about sports, music, or movies—whatever helps you get past any awkward feelings and get to know each other better.

Have a Life Outside the Relationship

People are more attractive to each other if they have other interests. Keep up with your schoolwork, friends, and the activities you enjoy that do not involve your partner.

Resolve Disagreements with Love and Respect

People don't always have to agree on movies, music, or favorite sports, or even on how often to call or see each other. It is only natural for people to disagree. The important thing is how you reach an agreement. With a good attitude, you can have a healthy disagreement.