

CHOOSE

RESPECT

Healthy Versus Unhealthy Relationships

In our lives, we have many different kinds of relationships with our friends, parents, teachers, and boyfriends/girlfriends. Remember that in any relationship, both people may need to compromise and work through difficult issues. However, sometimes a relationship may make you feel uncomfortable or even unsafe. Keeping the following points in mind will help you figure out whether your relationship is healthy or unhealthy.

<i>Healthy Relationships</i>	<i>Unhealthy Relationships</i>
Equality: You make decisions together, like choosing what movie to see.	Control: One of you makes all the decisions and is very demanding, such as telling the other person what to do, wear, or who to hang out with.
Honesty: You can share your feelings, thoughts, concerns, and fears with each other.	Dishonesty: One of you tells lies or hides things from the other person. Or even steals the other person's things.
Physical safety: You feel safe, and you aren't afraid of getting hurt.	Physical abuse: One of you hits, slaps, grabs, or shoves the other person on purpose.
Respect: You treat your boyfriend/girlfriend like you want to be treated. You accept each other's opinions, friends, and interests and listen to each other.	Disrespect: One of you makes fun of the other person's opinions, looks, etc. There's no consideration for the other person's feelings and thoughts.
Comfort: You feel great being yourself. You're okay with saying, "I'm sorry."	Intimidation: One of you makes threats like "I'll break up with you if you..." One of you might be afraid to disagree with the other person.
Sexual respectfulness: You never force sexual activity or insist on doing something your boyfriend/girlfriend isn't comfortable with.	Sexual abuse: One of you uses pressure or force to engage in sexual activity when the other person does not want to.
Independence: You don't depend on the relationship to feel good about yourself. You have other friends and hobbies, and you feel you can end the relationship if you need to.	Dependence: One of you thinks, "I can't live without you." There may be threats to do something drastic if the relationship ends.
Humor: You have fun in the relationship! You laugh a lot together.	Hostility: One of you is just plain mean.

