Healthy Relationships



- Mutual respect. Respect means that each person values who the other is and understands the other person's boundaries.
- Trust. People should place trust in each other and give each other the benefit of the doubt.
- Honesty. Honesty builds trust and strengthens relationships.
- Compromise. People should acknowledge different points of view and be willing to give and take.
- Individuality. Nobody should have to compromise who he/she is, and his/her identity should not be based on someone else's opinion.
- Good communication. People should speak honestly and openly to avoid miscommunication.
- Anger control. We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to ten, or talking it out.
- Fighting fair. Everyone argues at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution.
- Problem solving. People can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.
- Understanding. People should take time to understand what others might be feeling.
- Self-confidence. People should have confidence among friends and families in their views, abilities and feel confident in their groups.
- Being a role model. By embodying what respect means, people can inspire each other, friends, and family to also behave in a respectful way.





