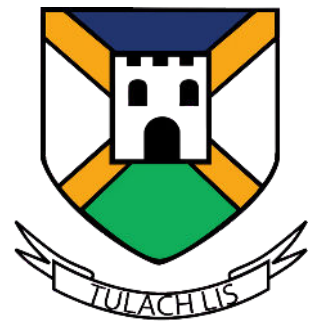


Healthy Relationships



- **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.

