

Healthy Relationships

Everyone deserves a relationship with **Respect, Equality, Acceptance, and Love.**

- **Respect.** Listening to your partner non-judgmentally, valuing their opinions, and ideas. Respect your partners right to privacy.
- **Equality.** Each partner should have equal say in relationship decisions.
- **Acceptance.** A partner should honor and value all the things that make you unique.
- **Open, honest communication.** Speak up (respectfully!) about things that are bothering you in your relationship.
- **Support.** Offer reassurance and encouragement to your partner and let your partner know when you need their support.
- **Trust.** Respect your partners right to have their own friends and activities that don't involve you.
- **Honesty.** Accepting responsibility for yourself and your actions. Admitting when you're wrong.
- **Compromise.** Disagreements are a normal part of a relationship, but it's important to find ways to compromise if you disagree on something.



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REAL Relationships



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