

DO YOU HAVE A HEALTHY RELATIONSHIP?



Healthy relationships have:

Respect

Realistic expectations

Spontaneity

A balance between give
and take

Communication of honest
feelings, needs and desires

Encouragement for
individual
growth and future growth
together

Trust

Common interests

Support to build self-esteem
in each partner

Strength to accept
occasional
times apart from each other

Strength to withstand
challenges and exploration

In a healthy relationship both partners are equal. If your partner is much older, it can be easy for you to lose control.

Reference: Preventing Sexual Coercion Among Adolescents Training Guide;
Emory University School of Medicine; Atlanta, Georgia 2003. Funded in part by a grant from the US DHHS - OPA
National Sexual Assault Hotline 1-800-656-4673. Available for downloading from our Web site at



www.healthoregon.org/fp

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