

# 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.  
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National Sexual Assault Hotline 1-800-656-4673.

Available for downloading from our Web site at [www.healthoregon.org/fp](http://www.healthoregon.org/fp)



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