# WHAT IS A HEALTHY RELATIONSHIP?

Healthy relationships are respectful and equal. As a key part of emotional and social wellness, prioritizing these qualities in relationships can reduce the prevalence of relationship abuse and sexual violence.

## Respect

Having care and concern, accepting their boundaries, considering their feelings and wishes, viewing them as important

### Freedom

Autonomy, the ability to make choices, no restraint on your actions, self governance

# Open Communication

Free expression without fear of judgment or ridicule, listening, arguing fairly

### **Trust & Support**

Relying on them, believing, accountability, assisting and helping

# **Fairness**

Shared decisions,
making mutual
agreements,
negotiating, shared
expectations,
compromising,
equality

# Boundaries

Individual and shared guidelines or rules, giving space when needed, respecting choices

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