

# Healthy Relationships: Assess, Improve, Take Action

## Relationship Spectrum

### HEALTHY

Equality  
Good communication  
Honesty  
Respect  
Trust

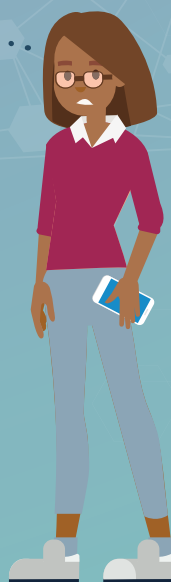
I'll have to tell dad what happened in class today. It was embarrassing, and I know he'll understand . . .



### UNHEALTHY

Struggles for control  
Poor communication  
Dishonesty  
Inconsiderate behavior  
Pressure

I don't understand why Alex posted that picture that I asked him not to in his Instagram Story. I thought we were friends . . .



### ABUSIVE

Imbalance of power  
Manipulation  
Accusations  
Blame shifting  
Isolation

I wish Jennifer wouldn't threaten to break up with me if I hang out with my friends. I really miss them . . .



Relationships can range from healthy to unhealthy to abusive. Think about your relationships and where they fall on the spectrum. The next page has tips and strategies to support healthy relationships and resolve conflicts. If you need help with an abusive relationship, text LOVEIS to 22522.

# 4 C'S TO SUPPORT HEALTHY RELATIONSHIPS AND RESOLVE CONFLICTS

## COMMUNICATION



is sharing information. Good communication is open, honest, and straightforward.

## COOPERATION



is working together for the good of everyone.

## COMPROMISE



is resolving issues by finding common ground.

## COMMITMENT



is respecting yourself and the other person. This includes trust and acceptance.

**Feeling frustrated or upset with your family, friend, or romantic partner? Work together to find a solution. Here are tips to try:**



**Stop and think:** Stay calm or calm yourself by taking deep breaths, going for a walk, taking a break during an

argument, listening to music, journaling, or drawing. Talk about your own feelings and try not to call each other names, shout, or try to hurt the other person's feelings.



**Understand the issue:** Share how you feel about the situation and listen to the other

person's perspective. If they are upset, try to understand why they might be upset. If you are upset, try to explain why you are upset.



**Think about potential solutions and try one:** Talk with the other person about solutions to avoid the situation in

the future and/or fix the current situation. Then, give it a try and have another conversation to find another solution if it isn't getting better.

I'm so mad! I gotta take a walk and let off some steam before I send a text I'll regret.

I have to ask Alex why he did that. Maybe he wasn't trying to be a jerk.

Alex agreed not to post any more pictures of me without permission.





## FOR HELP

If you are feeling overwhelmed, unsafe, or need to talk to someone about a relationship, here are some places to call:

### Love is Respect

Chat at [www.loveisrespect.org](http://www.loveisrespect.org)

Text "LOVEIS" to 22522

Call 1-866-331-9474

### National Domestic Violence Hotline

[www.thehotline.org](http://www.thehotline.org)

Call 1-800-799-7233

### National Runaway Safeline

Chat or visit message board at

[www.1800runaway.org](http://www.1800runaway.org)

Text 660008

Call 1-800-RUNAWAY

### Teen Line Talk Now Hotline

[teenlineonline.org](http://teenlineonline.org)

Text "TEEN" to 839863

Call 1-800-TLC-TEEN

### TXT 4 HELP

[www.nationalsafeplace.org](http://www.nationalsafeplace.org)

Text 2chat to 4HELP (44357)

## RESOURCES

- Characteristics of healthy and unhealthy relationships: <https://youth.gov/youth-topics/teen-dating-violence/characteristics>
- Healthy relationships, dealing with conflict, friendships, dating, and family relationships: <https://www.girlshealth.gov/relationships/healthy/index.html>
- Healthy relationships, better communication, conflict resolution, setting boundaries, and a relationship quiz: <http://www.loveisrespect.org/>
- Healthy relationships for LGBTQ youth: <https://www.loveisrespect.org/healthy-relationships/healthy-lgbtq-relationships/>
- Conflict resolution: <https://www.loveisrespect.org/healthy-relationships/conflict-resolution/>
- Dating abuse: <http://www.breakthecycle.org/learn-about-dating-abuse>

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