



Healthy Relationships

It takes effort, on both ends, to create and maintain a healthy relationship with your friends, family, and intimate partner. Equality is at the heart of healthy relationships, but there are also many other

building blocks to healthy relationships.



Building Blocks to Healthy Relationships

1. Respect- value your loved one & be sure they value you
2. Honesty- let your loved one get to know the "real you"
3. Trust- know that you can always depend on your loved one and that they can always depend on you
4. Communication- express yourself and listen to what your loved one has to say – they should do the same!

Do you know the difference between a healthy and unhealthy relationship?

It's healthy if your loved one:

- ◆ Makes mutual decisions with you
- ◆ Respects the decisions that you make for yourself
- ◆ Encourages you to do things you enjoy
- ◆ Communicates with you
- ◆ Gives you personal space

It's unhealthy if your loved one:

- ◆ Controls what you can/cannot do
- ◆ Invades your privacy
- ◆ Criticizes you
- ◆ Blames you for things that are out of your control
- ◆ Physically attacks you
- ◆ Forces you to do things

If you have question about your relationship or think that you or someone you know is in an unhealthy relationship, help is available.

Healthy Boundaries

Boundaries are a good thing! They can help keep relationships healthy and secure. You should discuss your boundaries with your family, friend, or intimate partner. Communication is key. You should want your loved ones to understand and respect what you are and are not comfortable with. If your relationships is healthy they will respect your decision. You must also respect your loved ones' boundaries. Remember... healthy relationships are about equality and being fair!

Below are examples of boundaries:

- ◆ I have the right to privacy
- ◆ I do not want you going through my cellphone or social media accounts

www.Loveisrespect.org

Know Your Resources

- The Haven Project..... 724-357-4799
- IUP Counseling Center..... 724-357-2621
- The Alice Paul House 24/7 Hotline..... 724-349-4444

All services are free and confidential

Health AWAREness is a part of the Center for Health and Well-Being
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