

Healthy Relationships

FRIENDSHIPS

Warning signs of an unhealthy relationship

Your friend/partner:

- Makes you feel badly about yourself or calls you names
- Only wants to talk about themselves
- Has a temper or 'snaps' on you
- Wants to be your only friend
- Makes false accusations or gossips
- Has unpredictable mood swings
- Physically hurts you in any way
- Tells you how to think, act, and feel
- Does not respect your personal space or boundaries

Healthy friendships are built on trust, communication and respect. Both individuals feel that their opinions and feelings are valued, and that they are equal partners. A healthy relationship will never require you to sacrifice your friends, your dreams, or your dignity.

24hr Support Line

905-356-5800

Call or text. Collect calls accepted.



Healthy relationship checklist

Your friend/partner:

- Encourages you to try new things
- Likes to listen when you have something on your mind
- Understands that you have a life outside of your relationship (e.g., friends, family, school, hobbies) and respects you and your individuality

A healthy partner makes you feel safe when you communicate your feelings openly

Tips for healthy relationships

- 1. Set realistic expectations:** Healthy relationships means accepting people as they are, not trying to change them.
- 2. Communicate:** Set a time to discuss issues. Listen, ask questions, and share information. Apologize when needed and don't hold grudges.
- 3. Be yourself:** You are responsible for your own happiness. Being yourself in a relationship will make you the happiest and healthiest.

A healthy relationship should only be one of many parts of your life, not your whole world.

**Want to talk more about healthy relationships?
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