

**All relationships are unique, but there are aspects that all healthy relationships have in common.**

### Healthy relationships...

\*Have a common goal for the relationship and where you want it to go \* Meaningful emotional connection \* Respectful conflict management \* Open and honest communication \* Maintaining connections with friends and family \*

- Tip 1: Spend quality time together (not just online)
- Tip 2: Stay connected & communicate well
- Tip 3: Be a good listener
- Tip 4: Recognize what's important to your partner
- Tip 5: Be prepared for ups and downs

**Tips for maintaining a healthy romantic relationship.**

**Red flags are signs that a person is probably not ready to have a healthy relationship.**

## Healthy Romantic Relationships

Ask yourself:

- Does my partner encourage me to grow?
- Do we share goals for the future?
- Do we want the same kind of relationship?
- Can I be myself with them?
- Do I accept them for who they are?
- Do we give and take from each other fairly and equally?
- Is my life better with them in it?
- Does our time together have meaning?

### Red flags to be aware of:

- Substance abuse or addiction
- Violent displays of temper
- History of infidelity
- Controlling nature
- No friends
- Lack of emotional intimacy
- Feeling uncomfortable or scared around the person