

HEALTHY RELATIONSHIPS

SELF RESPECT • SELF CONFIDENCE • SELF CARE

As a teen, you are given the chance to spend more time with friends and possibly start dating. Along with this freedom comes additional responsibility. It is important to understand that all relationships in your life should be built on a foundation of respect, honesty and trust. Healthy relationships with dating partners and friends are a choice. Every individual should, and has a right, to be respected, be happy and feel safe.

WHAT IS A HEALTHY RELATIONSHIP?

In healthy relationships, you and the person you are dating feel good about each other and yourselves. You do things together and you talk to one another about how you are feeling about each other. These relationships are built on respect and honesty between both people. You listen to each other's thoughts and opinions and accept each other's right to say no or to change his/her mind. Communication is very important. You should be able to let the other person know how you are feeling. You might disagree or argue sometimes, but you should be able to talk things out together to reach a compromise.

HOW DO YOU KNOW IF YOU HAVE A HEALTHY RELATIONSHIP?

- You feel safe around the other person and you trust him/her with your feelings.
- You respect each other's opinions, discussions and boundaries.
- You enjoy spending time with the other person instead of feeling pressured into spending time with them.
- You feel supported in your successes and in times of trouble.
- You feel good about yourself.

HEALTHY DATING BEGINS WITH YOU!

In healthy relationships, people respect each other for who they are. This includes respecting and listening to yourself and your feelings. Self respect and self confidence are about you! It is important for you to:

- Feel like you belong!
- Remember, you are equal!
- Figure out what you need and take care of yourself!
- Listen to your true feelings!
- Speak your mind, change your mind and question the world around you!
- Be different from your family, your friends and media ideals (TV, magazines, music) and images!
- Feel and be safe!
- Become independent!
- Follow your passions and be the real you!

The relationships that you make in your teen years will be a very important part of your life. These relationships will teach you some of the most important lessons about who you are and what you stand for. Make communication, sharing, respect and trust a part of every relationship in your life.

SELF CARE

It is important to boost your self-confidence, increase your self-awareness, and maintain balance and happiness in your life. Some suggestions for change:

- Set time aside daily for yourself.
- Express your feelings...don't keep feelings up inside.
- Maintain good relationships with your family and friends. Their advice can be invaluable.
- Sleep well, eat well and exercise.
- Find someone to talk to with. Speaking freely can be helpful in finding balance.
- If stressed or overwhelmed with your tasks, clear your mind.
- Laugh! Live in the fun moments and cherish the people around you that make you happy.

Today, many people, even young teens, are experiencing large of stress in their lives, usually due to social pressures. It is important to remember that you cannot be your best self unless you take time to care for your physical, emotional and spiritual self.