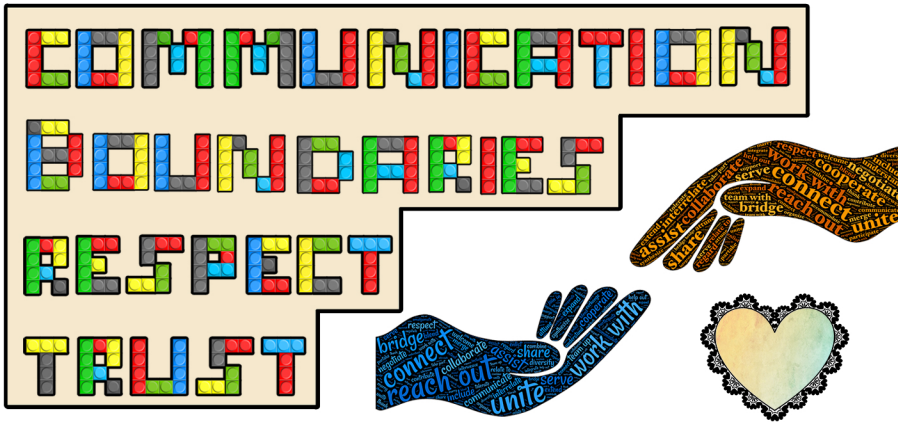


# HEALTHY RELATIONSHIP TIPS



The building blocks of all relationships:

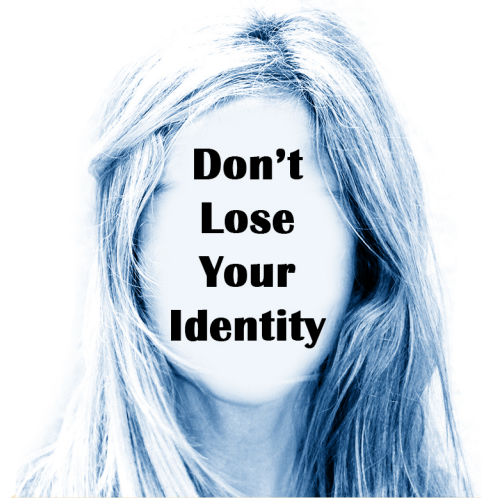


## What is consent?

Consent is a clear and unambiguous agreement to engage in a particular activity.

- ♥ Consent must be voluntarily given
- ♥ You are allowed to change your mind
- ♥ Staying silent or unsure doesn't automatically mean "yes"
- ♥ Don't feel pressured to do something you don't want to

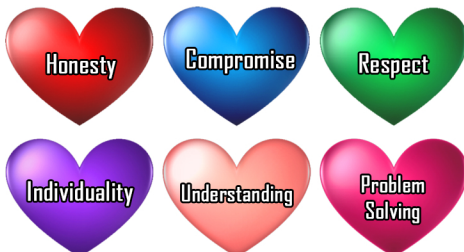
COMMUNICATION	BOUNDARIES
<p>Communication allows you and your partner to have a deep understanding of each other, and allows you to connect. In a healthy relationship with good communication, both partners:</p> <ul style="list-style-type: none"> <li>♥ Treat each other with respect</li> <li>♥ Speak openly to one another about thoughts and feelings</li> <li>♥ Feel heard when expressing feelings</li> <li>♥ Listen to each other and compromise</li> <li>♥ Do not criticize each other</li> <li>♥ Feel supported to do the things they like</li> <li>♥ Celebrate each other's accomplishments and successes</li> </ul> <p>SOURCE: <a href="http://www.thehotline.org/is-this-abuse/healthy-relationships/">http://www.thehotline.org/is-this-abuse/healthy-relationships/</a></p>	<p>Each person should express to their partner what they are and are not comfortable with, when it comes to intimacy, finances, family, friends, personal space and time. In a healthy relationship with boundaries, both partners:</p> <ul style="list-style-type: none"> <li>♥ Allow each other to spend time with friends and family</li> <li>♥ Do not abuse technology to check on a partner</li> <li>♥ Trust each other and don't require their partner to "check in"</li> <li>♥ Do not pressure the other to do things that they don't want to do</li> <li>♥ Do not constantly accuse the other of cheating or being unfaithful</li> </ul>



## Don't Lose Your Identity

- ♥ You are still an individual
  - ♥ It's okay to disagree
- ♥ You don't need to change to make someone like you
  - ♥ Don't let the relationship define you

### HEALTHY



### UNHEALTHY



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