

Respect and trust

are two very important characteristics of a healthy relationship. Think about your relationships.

Do you do the following?

- Work through disagreements.
- Value each other for who you are.
- Respect each other's opinions and independence.
- Both agree that it is okay to spend time away from each other and be with your friends or family-you don't always have to be together.
- Respect each other's need for privacy.

These are all important qualities of a healthy relationship.

To talk to a Public Health Nurse or to make an appointment at one of our sexual health clinics, call 1-800-660-5853.

Healthy Relationships



Adapted and reproduced with permission of Public Health, Region of Peel
3701 Feb 2021

What makes a healthy relationship?

You can have relationships with many different people in your life including your family, friends or dating partner.

The most important part of any healthy relationship is being able to communicate.

You can:

- Listen to each other's viewpoints and feelings.
- Have different opinions and interests.
- Compromise-as long as your needs are not overlooked.
- Decide things together.

Listening carefully and sharing your thoughts and feelings with another person shows them that they are an important part of your life.

TRUE OR FALSE?

1. **Communication is essential for a healthy relationship.**
2. **Giving in to another person is a good way to resolve conflicts and avoid feeling guilty.**
3. **Jealousy is a sign of love.**
4. **A healthy relationship is based on physical attraction.**
5. **A healthy relationship is based on respect for yourself and the other person.**
6. **Listening to your feelings while in a relationship is important.**



Answers

1. **Communication is essential for a healthy relationship.**
True – No one is a mind reader. Assuming you know what another person is thinking can lead to misunderstandings. Good communication includes active listening and being able to recognize and express feelings. Effective communication helps set the stage for a healthy relationship.
2. **Giving in to another person is a good way to resolve conflicts and avoid feeling guilty.**
False – It is very important to discuss issues openly so that the feelings of both people are considered. Everyone's ideas and perspectives should be respected. No one needs to feel guilty for having an opinion or saying they disagree with someone. Compromise is a healthy part of a relationship.
3. **Jealousy is a sign of love.**
False – Jealousy might seem like a sign of love but when someone uses anger or jealousy to try to control what you do, or acts like they "own" you, this isn't love – it's control.
4. **A healthy relationship is based on physical attraction.**
False – Physical attraction is only one part of a relationship. Other important qualities include honesty, trust, respect, and communication.
5. **A healthy relationship is based on respect.**
True – Respecting yourself and the other person is one of the main characteristics of a healthy relationship.
6. **Listening to your feelings while in a relationship is important.**
True – Think about how you feel in your relationship. If you feel good, happy and safe, your relationship is probably healthy.

How do you build and maintain a healthy relationship?

- Be honest with each other from the beginning and be responsible for your feelings.
- Tell the truth even when it's difficult to do so. Being honest is one way to show respect for yourself and the other person.
- Do not expect the other person to solve all of your problems.
- Make time for yourself-spend time alone and with your friends.

A healthy relationship should make you feel good about yourself, help you grow as a person, and be fun.