

## **Healthy Relationships**

### **What are qualities of a healthy relationship?**

- Trust
- Communication
- Dependability
- Fun

### **What types of lessons can be learned through dating relationships?**

- Communication Skills
- Decision Making skills
- Gender roles (controversial – contemporary vs. traditional – fading)

### **How does one make responsible decisions in a relationship?**

C-CLARIFY

C-CONSIDER

C-CHOOSE

### **What factors should you take into consideration?**

- Values
- Expectations
- How will your decision change the relationship (if at all)

### **What are characteristics of an unhealthy relationship?**

- Dishonest / Lack of trust
- Abuse (physical, verbal, emotional, financial)
- Not yourself (change for someone else; act in a way that is pressured/forced)
- Power/control from one person