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