

Protective Factors of Healthy Relationships Handout

1. **Respect** – Being accepted and allowed to be who you are. No one should pressure you into doing things you are not comfortable with such as drinking, drugs, or unwanted physical contact.
 2. **Safety** – Feeling safe both emotionally and physically. Emotional safety means you feel comfortable being you without fear of being put down. Physical safety means you are not being hurt or pressured into unwanted physical contact.
 3. **Support** – Caring for you and want what is best for you. Your friends should understand if you can't hang out because you have to study or spend time with family.
 4. **Individuality** – Feeling like you can be yourself; after all, being an individual is what makes you, you!
 5. **Fairness and Equality** – Having an equal say in your relationships. From the activities you do together to the friends you hang out with, you should have equal say in the choices made in your relationships.
 6. **Acceptance** – Friends or girlfriend/boyfriend accepting you for whom you really are. You shouldn't have to change who you are or compromise your beliefs to make someone like you.
 7. **Honesty and Trust** – Honesty builds trust. You can't have a healthy relationship without trust! If you have ever caught your friend or boyfriend or girlfriend in a huge lie, you know that it takes time to rebuild your trust.
 8. **Communication** – Talking face-to-face (not just by text) about your feelings. Listen to one another and hear each other out. Text messages, Facebook or other messages should be respectful; not mean, hurtful, or inappropriate.
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1. **The National Domestic Violence Helpline @ 1-800-799-SAFE(7233),**
 2. **APP for phone- td411**
 3. **Text "loveis to 22522 or visit loveisrespect.org**