Healthy Relationships 101

can...

Have freedom

You're able to spend own interests, and maintain your own values and opinions

Respect boundaries

You feel connected not controlled. You can say things like "I don't want to have sex" or "I need time to think."

Speak kindly

Encouragement, recognition, respect, appreciation, inclusion and positivity are the foundations of your

time apart, pursue your

communication

Be yourself

You feel safe to express yourself. You enjoy buť do not *need* your partner's approval

Agree to disagree

You talk rather than letting things build up. Make an effort to see other perspectives and compromise

Enjoy your time

Whether it's going out for exciting plans or quietly relaxing at home, you genuinely enjoy being with your partner

Each person is entitled to feel safe in relationship.

Each person has a responsibility to support their partner(s) in feeling safe.

conversations

Feel heard

Your partner shows

interest and attention

when you speak. You

feel safé to have difficult

Be honest

You feel safe to tell the truth, even if it is disappointing or uncomfortable. This is key for trust and respect

Take time

You recognize that it takes time to get to know someone and that your relationship will evolve over time

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