

Building Healthy Relationships

While every relationship is unique, they all need some of the same basic ingredients to flourish. Relationships aren't meant to be tedious, but they do take some work to maintain. Here are some things to keep in mind and reflect on when it comes to yourself and your relationship:



Communication

"When I talk to my partner, they value and listen to what I have to say"

Independence

"In my relationship, I have the room I need to grow as a person, be myself, and do my own thing"



Trust



"I know I can talk to my partner about personal stuff. If I'm fighting with my family, I know I can tell them what's going on"



Vulnerability

"I feel safe to open up and not hide anything about who I am or how I'm feeling"

Strong Support Networks



"For me, support is knowing I'm not alone, that there's someone behind me who can help me get through tough times"

Self-Esteem



"My self-esteem comes from within - it's about knowing who I am and I know I have value"



This resource was created by the PREVNet National Youth Advisory Committee on Youth Dating Violence. For more information, concrete examples, and resources, scan the QR code or visit youthdatingviolence.prevnet.ca/healthy