



# **HEALTHY RELATIONSHIPS**

## What do we mean by healthy relationships?

Healthy relationships allow both partners to feel supported and connected, but still feel independent. **COMMUNICATION** and **BOUNDARIES** are the two major components of a healthy relationship. Ultimately, the two people in the relationship decide what is healthy for them and what is not. If something doesn't feel right, you should have the freedom to voice your concerns to your partner.

Domestic Violence Hotline

### Communication

Communication allows you and your partner to have a deep understanding of each other and helps you to connect. In a healthy relationship with good communication, both partners:

- Treat each other with respect
- Speak openly to one another about thoughts and feelings
- Feel heard when expressing feelings
- Listen to each other and compromise
- Do not criticize each other
- Feel supported to do the things they like
- Celebrate each other's accomplishments and successes

### Boundaries

Each person should express to their partner what they are and are not comfortable with when it comes to sex life, finances, family and friends, and personal space and time. In a healthy relationship with boundaries, both partners:

- Allow each other to spend time with friends and family
- Do not abuse technology to check on a partner
- Trust each other and not require their partner to "check in"
- Do not pressure the other to do things that they don't want to do
- Do not constantly accuse the other of cheating or being unfaithful

A **healthy relationship** is free from physical, emotional, and sexual violence. Qualities like respect, good communication, and honesty are important parts of a healthy relationship. Educating teens about the importance and value of respect (both respect for oneself and respect for other people) may enable them to form healthy relationships before they start to date—to prevent dating violence before it starts. **Healthy relationships** are built

on a foundation of respect. Respect is a choice, and when you give it, you are more likely to get it in return. It is important for teens to learn how to treat others the way they want to be treated. Teens also need to recognize that when respect is absent; their relationships may turn from healthy to unhealthy.

### Characteristics of a healthy relationship:

- **Mutual respect:** Respect means that each person values who the other is and understands the other person's boundaries.
- **Trust:** Partners should choose to trust in each other and give each other the benefit of the doubt.
- **Honesty:** When a dating partner lies, it takes time to rebuild that trust in him or her. Honesty builds trust and strengthens the relationship.
- **Compromise:** In a dating relationship, each partner does not always get his or her way. They should acknowledge different points of view and be willing to give and take.
- **Individuality:** Each partner should not have to compromise who they are, and his or her identity should not be based on their partner's. Partners should each continue seeing his or her friends or doing the things that he or she loves. They should be supportive if their partner wants to pursue new hobbies or make new friends.
- **Good communication:** Each partner should speak honestly and openly to avoid miscommunication. If a partner needs to sort out his or her feelings first, their partner should respect those wishes and wait until they are ready to talk.
- **Anger control:** We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways, such as, taking a deep breath, counting to 10, or talking it out.
- **Problem solving:** Dating partners can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.
- **Avoiding insults:** Everyone argues at some point, but if you stick to the subject and avoid insults you are more likely to come up with a possible solution. Partners should take a short break away from each other if the discussion gets too heated.
- **Understanding:** Each partner should take time to understand what the other might be feeling by putting themselves in their shoes.
- **Self-confidence:** When dating partners have confidence in themselves, it can help their relationships with others. It shows that they are calm and comfortable enough to allow others to express their opinions without forcing their own opinions on them.
- **Being a role model:** By embodying what respect means, partners can inspire each other, friends, and family to choose respect too.

An **unhealthy relationship** has an imbalance in which one partner tries to exercise control and power over the other through threats, emotional/verbal abuse, or physical or sexual violence.

## Signs of an unhealthy dating relationship or possible domestic violence:

- **Control:** One dating partner makes all the decisions and tells the other what to do, what to wear, or who to spend time with.
- **Dependence:** One dating partner feels that he or she “cannot live without” the other. He or she may threaten to do something drastic if the relationship ends.
- **Dishonesty:** One dating partner lies to or keeps information from the other. One dating partner steals from the other.
- **Disrespect:** One dating partner makes fun of the opinions and interests of the other partner. He or she may destroy something that belongs to the other dating partner.
- **Hostility:** One dating partner conflicts with or antagonizes the other dating partner. This may lead the other dating partner to “walk on eggshells” to avoid upsetting the other.
- **Intimidation:** One dating partner tries to control aspects of the other's life by making the other partner fearful or timid. One dating partner may attempt to keep his or her partner from friends and family or threaten violence or a break-up.
- **Physical violence:** One partner uses force to get his or her way (such as hitting, slapping, grabbing, or shoving).
- **Sexual violence:** One dating partner pressures or forces the other into sexual activity against his/her will without consent.

## Things you can do to build a Healthy Relationship

1. Have dinner together.
2. Go for a walk.
3. Leave thoughtful messages around the house or car. Tell them how special they are.
4. Read a book together.
5. Plan a monthly activity.
6. Cook your family's favorite recipe together.
7. Learn something new.
8. Celebrate family traditions.
9. Make your spouse feel special. In all our daily rush, we sometimes take the person closest to us for granted. Spend time with your spouse and let them know that they are special to you in every way.
10. Turn the mobile phone off when spending time together.
11. Set aside time for each other every week.
12. Have breakfast together.
13. Exercise together.
14. Watch a movie, play games together and enjoy each other as much as possible.

# **RESOURCES**

**<http://www.thehotline.org/>**

## **UTAH**

- Box Elder Family Support Center  
276 N. 200 E., Brigham City, UT 84302 (435-723-6010)
- Family Information & Resource Center  
50 S. 400 E., Logan, UT (435-755-5171)
- The Family Place
  - Logan –1525 North 200 West Logan, UT 84341- 435.752.8880
  - Hyrum – 10 North 600 East Hyrum, UT 84319. 435.713.0704
  - Smithfield - 502 South Main Street - Smithfield, UT 84335 - 435.755.5872
- Bear River Head Start  
(435-755-0081)
- Bear River Mental Health (435-257-2168)
- Ebenezer Ministries community service  
(435) 760-6105
- LDS Family Services  
175 W 1400 N, suite A, Logan, UT 84321 (435-752-5302)
- Idaho 24-hour Domestic Violence Hotline  
1-800-799-7233
- Utah Domestic Violence Link Line  
1-800-897-5465
- Rape & Sexual Assault Crisis Line  
1-888-421-1100

## **IDAHO**

- Bear River Head Start  
(877-755-0081)
- Bright Tomorrows-Child Advocacy Center  
409 Washington Ave., Pocatello, ID (208-234-2646)
- Family Pathways  
3607 Pole line Rd, Pocatello 83201 (208-637-1662)
- Family Resource Center-Bannock Youth Foundation  
403 North Hayes, Pocatello 83204 (208-234-1122)
- LDS Family Services  
1169 Call Creek. Place Ste. B, Pocatello (208-232-7780)
- Health works: Family Center  
31 W. Center, Soda Springs, ID 83276 (208-547-0047)
- SEICAA-Southeastern Idaho Community Action Agency  
59 S. Main Rm. 102, Soda Springs, ID (208- 547-4257) Food bank, energy & rental assist., winterization, Family development, D.I. vouchers.

# **ACTIVITY**

**-Schedule a date night with your spouse, significant other, or child. Take the time to bond and get to know each other better.**

**Father/Male Engagement activity:** This month we are focusing on Healthy Relationships. If you have a daughter, open her car door for her, tell her she is beautiful and loved. If you have a son; take some time to do his favorite things like play ball, games or color etc.....