



# Healthy Relationships

# HEALTHY RELATIONSHIPS



Communication is a key part to building a healthy relationship. The first step is making sure you both want and expect the same things—being on the same page is very important. The following tips can help you create and maintain a healthy relationship:

- **Speak Up.** In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.
- **Respect Your Partner.** Your partner's wishes and feelings have value. Let your significant other know you are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.
- **Compromise.** Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way.
- **Be Supportive.** Offer reassurance and encouragement to your partner. Also, let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.
- **Respect Each Other's Privacy.** Just because you're in a relationship, doesn't mean you have to share everything and constantly be together. Healthy relationships require space.

<http://www.loveisrespect.org/healthy-relationships>

# RESOURCES

## IDAHO

Bear River Head Start (877-755-0081) Child & family development programs for families, counseling, etc.

Bright Tomorrows-Child Advocacy Center 409 Washington Ave., Pocatello, ID (208-234-2646) free counseling/support services to children/families affected by sexual abuse.

Family Pathways 3607 Poleline Rd, Pocatello 83201 (208-637-1662) psychosocial rehabilitation, a personal consultation, counseling, accepts Medicaid-sliding scale.

Family Resource Center-Bannock Youth Foundation 403 North Hayes, Pocatello 83204 (208-234-1122) Referrals, resources, activities, workshops, classes for entire family; Birth to 3, Baby Steps, etc.

LDS Family Services 1169 Call Crk. Place Ste. B, Pocatello (208-232-7780) Counseling, support group for pregnant women, addiction recovery program.

Healthworks: Family Center 31 W. Center, Soda Springs, ID 83276 (208-547-0047) Offers individual, family, marital, & group counseling & parenting classes.

SEICAA-Southeastern Idaho Community Action Agency 159 S. Main Rm. 102, Soda Springs, ID (208-547-4257) Food bank, energy & rental assist., winterization, Family development, D.I. vouchers.

## UTAH

Box Elder Family Support Center 276 N. 200 E., Brigham City, UT 84302 (435-723-6010) Offers support and information to families. Childcare.

Family Information & Resource Center 50 S. 400 E., Logan, UT (435-755-5171) Story 9ame, toys, books, training videos to check out free, workshops, literacy program, etc.

The Family Place 380 W 1400 N Logan, UT 84321 (435-752-8880) workshops, counseling, parenting classes and crisis child care.

Bear River Head Start (435-787-8885) Child & family development programs for families, counseling, etc.

Bear River Mental Health (435-257-2168) offers mental health groups, counseling, and children's groups

LDS Family Services 175 W 1400 N, Ste A, Logan, UT 84321 (435-752-5302) Counseling, support group for pregnant women, addiction recovery program.

## **Who can you call if you find yourself or someone you know in an abusive relationship?**

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

# ACTIVITIES TO TRY TOGETHER



**Go for a walk**

**Work-Out**

**Photography**

**Try a new restaurant**

**Go to the Zoo**

**Board Games**

**Hikes**

**Ice-Cream Date**

**Watch a Movie**

**Window Shopping**

**Make Dinner Together**

**Start a new hobby**

**Adopt an Animal**

**Go to a Fair**



<http://www.foryourmarriage.org/marriage-resources/tips-and-advice/weekly-dating-ideas/>