

# HEALTHY RELATIONSHIPS.

## *What is a healthy and respectful relationship?*

- Non-violent, peaceful and safe
- Mutually supportive
- Honest
- Equal
- Sex is consensual

## *What can you do to be in a healthy relationship?*

- Resolve conflicts fairly
- Know your boundaries and your boyfriend/girlfriend's
- Support your boyfriend/girlfriend in his/her goals and interests
- Speak honestly to each other
- Value your boyfriend/girlfriend

## *What does it mean to have consensual sex?*

- Both individuals must agree to have sex
- Mutual decision between people of equal power who are unimpaired
- Should happen in a state of physical, emotional, social and cultural well-being

For more information on the steps you can take to have healthy relationships with your parents, friends, peers, boyfriends or girlfriends visit: [www.standupspeakupalaska.org](http://www.standupspeakupalaska.org)



**“We are responsible for each other and ourselves.”**

*(Kodiak Alutiq Traditional Value)*

# THE RELATIONSHIP QUIZ.

Ask yourself these questions to see if your friendships and romantic relationships have respect basics.

When “yes” indicates a healthy relationship...

1. Are you both supportive of the things each of you does?
2. Do you encourage each other to have your own friends?
3. Do you listen to one another when you have something on your mind?
4. Do you acknowledge that each of you has their own life?
5. Do you encourage one another to try new things?
6. Do you listen and respect one another’s physical boundaries?

When “yes” indicates an unhealthy relationship...

1. Do you text or call each other all the time?
2. Is one of you or both of you extremely jealous?
3. Do you try to control what the other is doing, wearing or looks like?
4. Does one of you in the relationship feel like they are “walking on eggshells?”
5. Does one of you threaten to hurt themselves because of your relationship?
6. Do you yell, scream or humiliate each other in front of other people?
7. Does one of you use physical force or threats to control the other person?

“Do the things you know are right and be kind to other people.”

*(Unangax / Aleut Traditional Values)*

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