**Healthy Relationships Study Guide**

* Components of a healthy relationship:
  + Communication
  + Trust
  + Respect
  + Love
* Communication
  + How to deal with disagreements

1. Define the problem clearly from both points of view.
2. State what you can agree on.
3. Brainstorm together over all of the possible alternatives to the problem.
4. State what changes each of you is personally willing to make to arrive at a solution.
5. Summarize the best solution you have considered.

* Trust
  + Trusting =
    - Let’s you hang with friends
    - Understand when you have to change plans
    - Let’s you hear what you want
  + Not trusting =
    - Calls you every second of the day
    - Won’t let you change plans or makes you feel guilty
    - Gets jealous when other people are talking to you
* Respect
  + On a practical level respect includes taking someone's feelings, needs, thoughts, ideas, wishes and preferences into consideration.
* Love
  + Difference between love and infatuation
  + Sex does not always mean love!
* Dating violence
  + The physical, sexual, psychological or emotional violence within a dating relationship.
  + Emotional, physical, sexual
* What can you do if this is happening?
  + Go to a safe place - remove yourself from the situation
  + Get help - call police, friend, family, therapist, teacher, guidance counselor
  + Think seriously about your situation - you may think you can handle it … but think twice to be sure.
* RIGHTS: (know 3)
  + **THE RIGHT** to refuse requests without having to feel guilty or selfish.
  + **THE RIGHT** to express my feelings, including anger, as long as I don't violate the rights of others.
  + **THE RIGHT** to be competitive and to achieve.
  + **THE RIGHT** to have my needs be as important as the needs of other people.
  + **THE RIGHT** to decide which activities will fulfill my needs.
  + **THE RIGHT** to make mistakes and be responsible for them.
  + **THE RIGHT** to have my opinions given the same respect and consideration as others'.
  + **THE RIGHT** to change my mind.
  + **THE RIGHT** to be independent.
  + **THE RIGHT** to be treated respectfully.
  + **THE RIGHT** to be cooperative and giving and not be taken advantage of.
  + **THE RIGHT** to be safe.

