

8 SIGNS OF A HEALTHY RELATIONSHIP

1 You feel physically and emotionally safe around your partner.

2 You feel respected by your partner.

3 You communicate openly with each other if there are problems in your relationship.

4 You feel you can be honest with your partner and you feel that they are honest with you.

5 You feel you can be yourself around your partner.

6 Your partner gives you space to spend time doing things that you like to do.

7 Your partner gives you space to spend time with others in your life that care about you, like friends and family.

8 Your partner doesn't pressure you to do things that you don't want to do, or pressure you sexually.

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