Healthy Relationships

Relationships have five key parts:

1) Self-esteem.
Self-esteem is how I feel about myself. When I have positive self-esteem, I can accept feedback and positive statements from others. When I respect my own thoughts, feelings, and needs, I can balance them with the feelings and needs of my friends and partners.

2) Communication.
Communication is how I express myself with others. In relationships, good communication involves the ability to share feelings and ideas. It also involves being a good listener. It is important to be aware of our words, thoughts, and gestures - even when we disagree with others.

3) Agreements.
All relationships have rules that help us connect with each other. Agreeing to be respectful, honest, and accountable as friends or as partners helps build and maintain trust in relationships.

4) Connections.
We each have many relationships or links with others. Examples include links in our community, our school, and with our family. No single relationship should isolate us from other relationships.

5) Balance.
Relationships involve “give and take” on both sides. When one person is always giving and the other is always receiving, it is likely that one person will develop more