

Healthy Relationships

Relationships – with family, friends, romantic partners, and others – are a central part of our lives. No relationship is perfect, but we can work to make them healthy and positive.



What Makes a Healthy Relationship?

In a healthy relationship, both people feel good about it most of the time. It is based on these things:

- Respect
- Trust and honesty
- Support
- Fairness
- Separate identities
- Good communication

What are Signs of a Healthy Relationship?

Every relationship has challenges. A healthy relationship should bring you more joy than stress. In a healthy relationship you:

- Love and take care of yourself.
- Have other relationships with friends and family.
- Do things apart.
- Can express yourselves without fear of threats or violence.
- Trust each other and are honest.
- Have privacy if you want it.
- Have respect for sexual and other boundaries.
- Clear up conflict fairly.

For more information call Customer Service at **(415) 615-4555**.
Or visit **www.healthysanfrancisco.org**

What are the Signs of an Unhealthy Relationship?

In an unhealthy relationship, what could be or should be replaces what is. These relationships can leave us feeling uncomfortable, sad, and afraid. Fear, grief, and rage should not be a regular part of a relationship. In an unhealthy relationship:

- You put one person before the other.
- You feel pressure to change who you are for the other person.
- You worry about consequences when you disagree with the other person.
- One of you has to defend your actions (where you go, whom you see).
- One partner feels or is forced to have sex.
- You don't have privacy, or are forced to share everything with the other person.
- There is yelling or physical violence during a fight.
- One person controls or manipulates the other.
- You have no shared friends, or don't respect the other person's friends and family.
- There is an unequal control of resources (food, money, home, car, etc.).

When Should I Seek Professional Help for My Relationship?

If a partner, friend, or colleague is harming you or your loved ones physically, emotionally, or sexually, it's time to seek help. Even if you believe the person loves you, it does not make their actions okay.

Talking to a counselor or mental health provider can help you work out challenges in your relationships and find a solution that is healthy for both partners. It is important to trust your instincts and the people close to you whose opinions you trust and value.

Each of us deserves to feel safe, valued, and cared for. Keep in mind that one of the strongest signs of a healthy relationship is that both people involved feel good about themselves

Resources for Help:

- National Domestic Violence Hotline, 24 hours a day in over 150 languages with a TTY line:
1 (800) 799-SAFE (7233)
1 (800) 787-3224 (TTY)
- Community United Against Violence Domestic Violence Program:
(415) 333-HELP (4357)
- La Casa de las Madres Crisis Support Hotline, 24 hours a day: **1 (877) 503-1850**

Sources:

Adapted from:

"Healthy Vs. Unhealthy Relationships"

University of Washington Hall Health Primary Care Center,
www.washington.edu

Centers for Disease Control: **www.cdc.gov**

For more information call Customer Service at **(415) 615-4555**.
Or visit **www.healthysanfrancisco.org**