



POSITIVE RELATIONSHIPS

Healthy relationships help you feel safe, respected, and supported. They can be with friends, family members, dating partners, or people you interact with online. When people communicate openly and respect each other's boundaries, relationships are more likely to be healthy and positive.

Relationships exist on a spectrum from healthy to abusive, with unhealthy relationships falling somewhere in between. Learning to recognize the signs of healthy and unhealthy relationships can help you support yourself and others.

Relationships are a part of everyday life. From friends and family to teammates, classmates, mentors, teachers, neighbors, and dating partners, the people around us can shape how we feel and grow. Healthy relationships aren't perfect, but they help us feel respected, supported, valued, and safe being ourselves.



RESOURCES

love is respect

Love is Respect is the national resource to disrupt and prevent unhealthy relationships by empowering young people through education, support, and resources.

Everyone deserves to be in a healthy relationship. Take this quiz to **explore whether your relationships are safe and healthy.**



onelove One Love Foundation

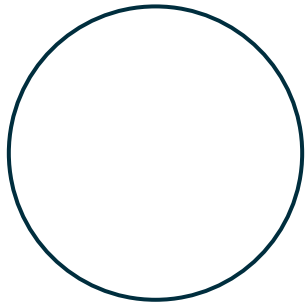
Explore videos, stories, and activities that help young people build healthy relationships and recognize relationship behaviors.



988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

ACTIVITY:

Write your name in the center of the circle.
Around it, add the people who are important in your life.
Next to each person, write one positive quality they
bring to the relationship.



Reflection:

As you look at your circle, reflect on these questions:
What qualities show up most often?

What qualities do you bring to your relationships?

Which relationships help you feel most like yourself?

**A healthy relationship means
both you and your partner are:**

HEALTHY

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

**You may be in an unhealthy
relationship if your partner is:**

UNHEALTHY

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically/financially

**Abuse is occurring in a
relationship when one partner is:**

ABUSIVE

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Follow for more resources!
@freeyourfeelsga



"Free Your Feels" is a mental health
awareness campaign encouraging
Georgia's young people to explore their
real **feelings** and **free** them fearlessly.

**ACCESS MORE
RESOURCES AT
[FREEYOURFEELS.ORG](https://www.freeyourfeels.org)**