

Healthy Relationships



What is a healthy relationship?

Communication and boundaries are the two major components that create a healthy relationship

But, ultimately, the two people in the relationship decide what is healthy for them and what is not

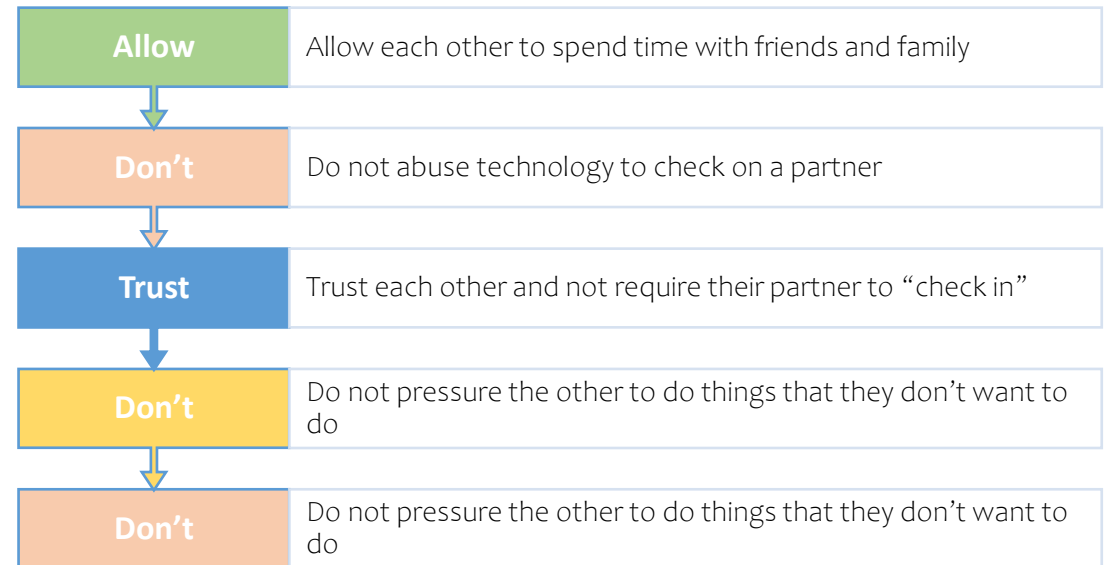


Communication & Boundaries

Communication



Boundaries





“**Consent**” in the context of sexual activity means informed and freely given words or actions that indicate a willingness to participate in mutually agreed upon sexual activity

What is consent?

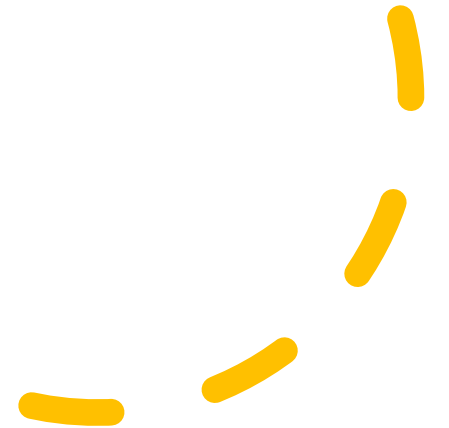
Consent may be withdrawn *at any time*

Consent may *never* be given by a person who is *incapacitated by drugs or alcohol*

Consent may *not* be obtained using *force, threats or coercion*

Consent may *not* be given by someone who is *unconscious or asleep*

GET CONSENT EVERY TIME.



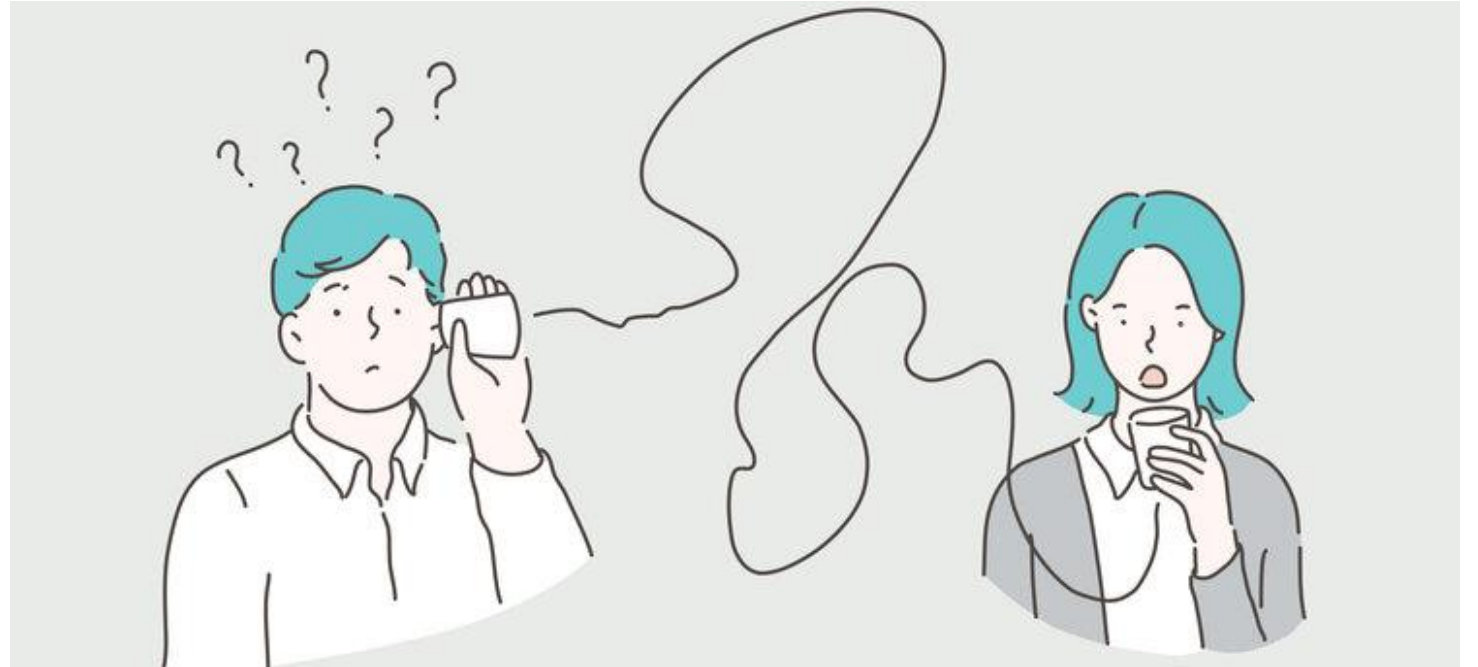
GETTING CONSENT

(Requires Good Communication)

Communicate at every step

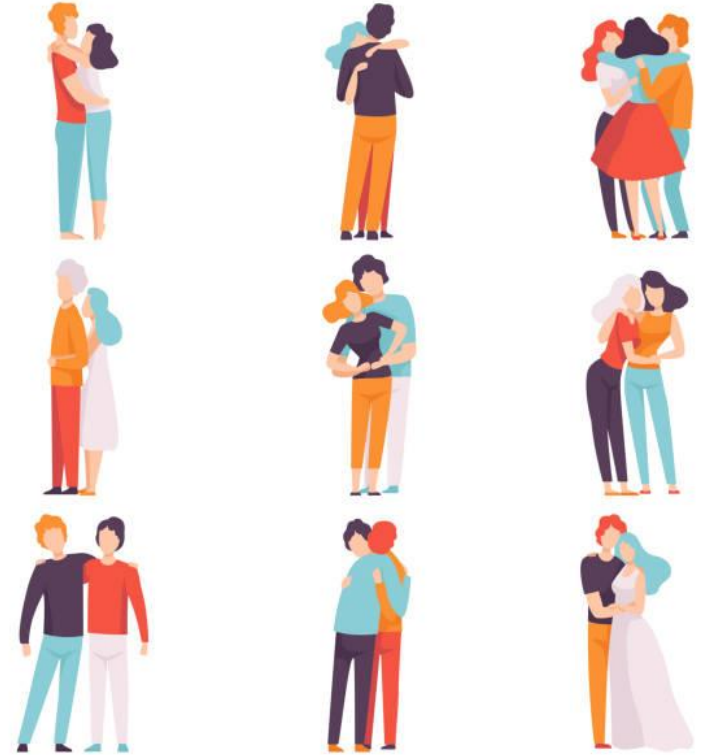
Don't assume that an absence of a “no” means “yes”

Respect your partner if they want to slow things down



5 Smart Steps to Dating Safely

1. Lower the Risks
2. Set the Rules
3. Watch for Trouble
4. Prevent Problems
5. Protect Yourself



Lower the Risks

Choose dates carefully.

Avoid dating someone just because you're sexually attracted

Know your limits.

Decide ahead of time how far you're willing to go in a sexual situation. Notice if you start to feel uncomfortable

Be careful if you met online.

You can't really know a person until you meet face to face

Date in groups

Or at least meet in public places until you get to know someone. Don't leave an event with someone you just met



Set the rules

Be clear about rights

Never force sex on anyone. Both people should always be free to choose whether or not they want to have sex

Make decisions together

Make sure you both have an equal say on where you'll go and what you'll do

Talk about it

Say what you need to say – tell your date what is important to you, say what you like and don't like, and state your expectations



Watch for Trouble

Check for respect

Pay attention if your date touches you in a way you don't like, if they get too close to you, or if they don't respect your limits

Look at who's in charge

Do you both get to decide where you'll go and what you'll do? If not, you may be at risk for being pressured into an unsafe situation

Notice if you feel forced

Do you feel like your date is forcing you to do things you don't want to do? Does your date refuse to take "no" for an answer? These are warning signs to be aware of



Prevent problems

Listen to your date.

“No” means no! If your date wants you to stop, then stop

Ask if you're not sure.

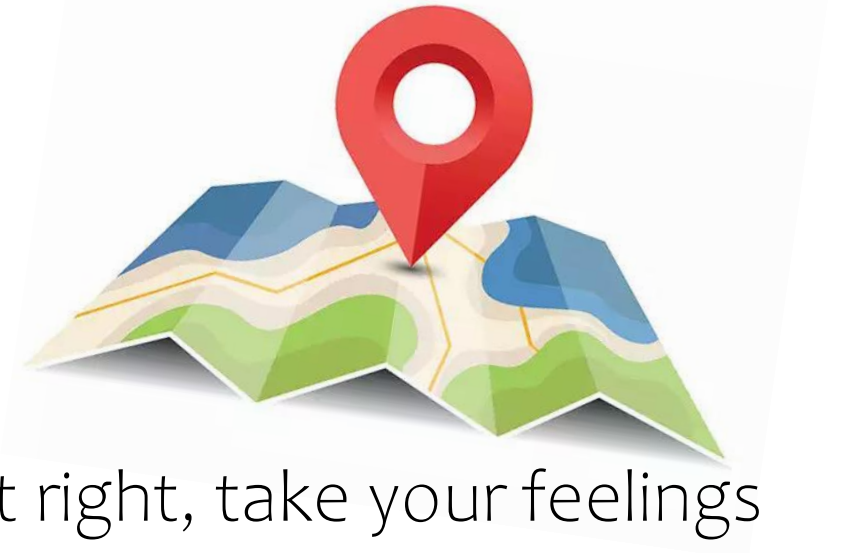
Mind reading does not exist! Don't assume that your date feels the same way you do. If you're getting mixed messages, just ask!

Be an active bystander.

If you notice any suspicious behavior, interrupt it if you can, only if you feel comfortable doing so. You could also get help from others or call 911 if you need to



Protect yourself



Trust your instincts

Usually if you have a sense that things aren't right, take your feelings seriously and follow them

Be firm

Be firm about your decisions, wishes, and needs. Be very specific and direct when you are stating them

Always know where you are

Be aware of your surroundings and know how you got to your destination and how you'll get out of a situation if you have to

Tips to create and maintain a healthy relationship

Speak up – if something is bothering you, it's best to talk about it rather than holding it in

Respect each other – value each other's wishes and values. Mutual respect is essential

Compromise – try to solve conflicts in a fair and rational way

Be supportive – offer reassurance and encouragement to each other. It is important that you and your partner are building each other up, not putting each other down

Respect each other's privacy – you don't have to share everything and be together 24/7. Enjoy the space you have apart

