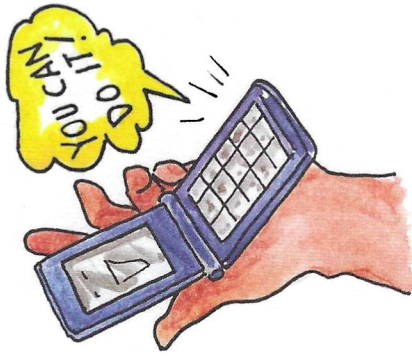


8. Your partner uses language that lifts you up.

- ✓ Words that:
 - **Encourage:** "I believe you can do it!"
 - **Notice:** "I like how you are patient with your grandmother."
 - **Respect:** "I'll put on these earphones so you can read."
 - **Appreciate:** "Thank you for helping out."
 - **Invite:** "Would you like to go to the festival tomorrow?"
 - **Point out the positive:** "You have a great smile!"



9. You take your time.

- ✓ You take the time to get to know each other and what each of you values.
- ✓ You talk about where you think your relationship might go and how it might be different in a month or a year.
- ✓ You accept that we all grow and change – and relationships do too.

How do you know if you're in a healthy relationship? Does your partner respect you and your beliefs? Do you feel like you can be yourself? Look inside to learn more about the signs of a healthy relationship.

9 Signs of a Healthy Relationship



This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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