



# Signs of a Healthy Dating Relationship

***Your relationship will be healthier if you are going out with someone who.....***

- Lets you be yourself
- Values your opinion even if s/he disagrees
- Respects your time with friends, family, activities
- Makes decisions with you and not for you
- Respects your decisions and boundaries regarding sex
- Takes turns paying on dates
- Has mutual trust with you
- Validates your feelings
- Admits when s/he is wrong
- Is open and honest with you
- Acts non-threatening during arguments/disagreements
- Seeks mutual resolutions to conflicts

If your relationship doesn't include the above signs, it may be abusive. Please contact Christine Ann Domestic Abuse Services for assistance.