



## HEALTHY RELATIONSHIPS ARE:

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### HONEST

We share how we feel.  
We tell the truth.  
We take responsibility for our actions.

### SAFE

We respect each other's boundaries  
(physical, emotional, sexual).  
We control our anger.  
We never use intimidation,  
threats, or violence.

### RESPECTFUL

We value each other's feelings.  
We value each other's opinion.  
We admit when we are wrong.

### FAIR

We compromise.  
We share decision-making.  
We each do our part.

### SUPPORTIVE

We listen without judging.  
We believe in one another.  
We care if the other is happy.

BECOMING  
FREE



CANADIAN  
WOMEN'S  
FOUNDATION

[canadianwomen.org](http://canadianwomen.org)