

HEALTHY RELATIONSHIPS



WHAT DOES A HEALTHY RELATIONSHIP HAVE?

- Clear communication.
- Mutual respect of feelings, needs, and ideas.
- Respect of sexual orientation or gender-identity.
- Agreement on healthy and secure boundaries.
- Focus on building each other up, not putting each other down.

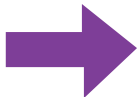
IS YOUR RELATIONSHIP HEALTHY?

ANSWER 'YES OR "NO" TO FIND OUT.

The person I am with...

- Constantly checks up on me or makes me check in.
- Is not liked very well by my friends and family.
- Texts or calls me all the time.
- Gets extremely jealous or possessive.
- Makes me share passwords to my phone and social media accounts.
- Makes me feel like no one else would want me.

Take the full quiz at www.itstimetotalk.org



Concerned that you or a friend is in an unhealthy or abusive relationship? Campus and community resources are available.

TCU Counseling Center	(817) 257- 7863
Campus Life - Dean's Office	(817) 257-7926
TCU Police Department	(817) 257-7777
Religious and Spiritual Life	(817) 257-7830
Safe Haven	1-877-701-7233

www.loveisrespect.org
www.breakthecycle.org

TIPS

TO BOOST A
healthy relationship

HAVE FUN TOGETHER!

Choose activities you both enjoy and use that time to reconnect.

BE SUPPORTIVE.

Offer reassurance and encouragement to each other.

COMPROMISE.

Find ways to solve disagreements in a fair, rational way.

RESPECT EACH OTHER'S SPACE.

Take time for your individual friends and interests.



STUDENT
AFFAIRS