

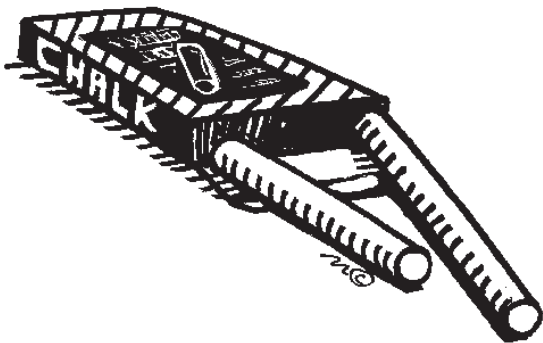
## Healthy Relationships

The following are some tips for deciding what you should look for in a relationship. These should also help you know when you are in an unhealthy relationship. Healthy dating and sex habits now lead to healthy sex and dating habits in the future. If you think you might be in an unhealthy or abusive relationship, talk to a trusted and caring person in your life. Most people need support when they are in these situations.

### THE RELATIONSHIP BILL OF RIGHTS

I HEREBY DECLARE THAT I HAVE THE RIGHT TO...

- TRUST MY FEELINGS.
- BE WITH WHO I WANT, WHEN I WANT, AND HOW I WANT.
- SAY NO OR LEAVE A SITUATION IF I FEEL UNCOMFORTABLE.
- DISAGREE WITH MY PARTNER.
- HAVE SEX WHEN MY PARTNER AND I BOTH WANT TO.
- HAVE SEX THAT FEELS GOOD TO ME.
- FEEL GOOD ABOUT MYSELF WHETHER I AM IN A RELATIONSHIP OR NOT.
- ACCUSE SOMEONE OF HURTING ME PHYSICALLY OR SEXUALLY.
- RECEIVE EMOTIONAL SUPPORT AND UNDERSTANDING.
- CONTROL MY OWN FUTURE.



### Resources/Links:

- Advocates for Youth: <http://www.advocatesforyouth.org/youth/health/relationships/index.htm>
- Planned Parenthood: <http://www.plannedparenthood.org/health-topics/relationships-4321.htm>
- Planned Parenthood's Teenwire: <http://www.teenwire.com/topics/relationships-friends-and-family.php>