

Everyone Deserves a Healthy Relationship

Nomatterwhere you are inyour relationship—even if it hasn't begun yet—there are some fundamentals to know about dating that'll help ensure you and your partner(s) build a healthy relationship. There's no one-size-fits- all answer when it comes to dating, and you know your situation best: all our resources are here to empower you to make your own best decision

Have questions or concerns about your relationship that aren't covered here? Our advocates are available 24/7 by text, phone, and live chat to discuss your situation. Remember: relationship abuse can happen to anyone, but no one ever deserves it.

Relationships may be defined in different ways depending on who's involved, but healthy relationships all depend on a few key elements:

- Healthy communication
- Healthy boundaries
- Mutual trust and respect
- Support for one another

Check in with each other's needs regularly while also giving each other space and privacy, and be sure to keep an eye out for the warning signs of dating abuse.

Healthy Relationship Bill of Rights & Responsibilities:

- **The Right to Be Respected** – You deserve to be treated with kindness, consideration, and dignity.
- **The Right to Set Boundaries** – You can decide what makes you comfortable in a relationship and communicate your needs.
- **The Right to Feel Safe** – You should never feel physically, emotionally, or psychologically threatened by a partner.
- **The Right to Say No** – You are not obligated to do anything that makes you uncomfortable, including sexual activity.
- **The Right to Have Your Own Identity** – You can maintain your interests, friendships, and personal goals outside the relationship.
- **The Right to Communicate Openly and Honestly** – Your thoughts, feelings, and concerns should be heard without fear of retaliation.
- **The Right to Make Decisions About Your Own Body and Life** – No one else has the right to control your choices or future.
- **The Right to Leave a Relationship** – You are never obligated to stay in a relationship that is unhealthy or unsafe.

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Warning Signs: What to Look For & More

Relationships existon aspectrum,and it can sometimes be hard to tell when a behavior shifts from healthy to unhealthy—or even abusive. Typical warning signs of abuse from a partner include:

- Checking your phone, email, or social media accounts without your permission.
- Putting you down frequently, especially in front of others.
- Isolating you from friends or family (physically, financially, or emotionally).
- Extreme jealousy or insecurity.
- Explosive outbursts, temper, or mood swings.
- Any form of physical harm.
- Possessiveness or controlling behavior.
- Pressuring you or forcing you to have sex or other intimate acts.

The Healthy Relationship Bill of Rights outlines fundamental principles that everyone deserves in a relationship, emphasizing respect, safety, and equality. It is designed to empower individuals to recognize their rights and set healthy boundaries in all relationships—romantic, platonic, or familial.

love is respect advocates are available 24/7

We offer confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse in the US.

To contact the National Teen Dating Abuse Helpline:
text ("**LOVEIS**" to **22522**),
call (**866.331.9474**),
or live chat online **loveisrespect.org**

Scan the QR Code to see if your relationship is healthy!



NATIONAL DOMESTIC VIOLENCE HOTLINE

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Mary Kay is a proud partner of the National Domestic Violence Hotline and love is respect.