

## MUTUAL RESPECT

Friends & partners value each other's opinions, boundaries, and individuality. They treat each other with kindness, consideration, and appreciation.

## TRUST

Trust is essential in any relationship. People feel secure knowing they can rely on others and have confidence in each other's honesty and reliability.

## HEALTHY BOUNDARIES

Each person respects the other's boundaries and understands and they communicate their boundaries clearly and honor each other's limits.

### *Characteristics of Healthy Relationships*

## SUPPORT AND ENCOURAGEMENT

Friends support each other's goals, dreams, and aspirations. They celebrate each other's successes and provide comfort and encouragement during challenges.

## CONFLICT RESOLUTION

Disagreements and conflicts are approached with empathy, compromise, and a willingness to find solutions that work for all parties.

## FUN AND ENJOYMENT

Healthy relationships include moments of joy, laughter, shared experiences, and nurturing of all aspects of the relationship.