

## How do you know if your relationships are healthy?

In healthy relationships people treat each other—and themselves—with respect. Here are some signs of respect to look for:

- ✓ You are able to talk honestly with each other.
- ✓ You listen to each other without putting each other down.
- ✓ You accept "No" as an answer from each other.
- ✓ You help each other make healthy choices.
- ✓ You encourage each other to have other friendships.
- ✓ You ask for advice from adults you trust.

Here are two websites that will help you learn about healthy and unhealthy relationships. You can access them on the school nurse's website under "How do you know if your relationships are healthy?"

### **[goaskalice.columbia.edu/1427.html](http://goaskalice.columbia.edu/1427.html)**

("go ask alice!" is the website of the Alice! Health Promotion Program at Columbia University. This is a wonderful health resource to explore. The content does not necessarily reflect the philosophy of St. Martin de Porres High School.)

### **[domesticviolencecenter.org](http://domesticviolencecenter.org)**

(This organization is located in Cleveland. On the webpage select the teen section in the sidebar.)