

RELATIONSHIPS.

You can say no at anytime. You have the right to privacy.
You have the right to feel safe and respected.
End a relationship that isn't healthy for you.

**Spend time with someone who respects
and cares for you.**



WRIGHT COUNTY
**FAMILY
PLANNING**

HEALTHY

VS

UNHEALTHY

TWO-SIDED

Both people benefit from knowing each other. Both people are committed.

ONE-SIDED

One person always seems to give a lot more than the other. Only one person is committed.

POSITIVE

Adds to your life. Accepts you for who you are and makes you feel comfortable.

NEGATIVE

Leaves you feeling empty. Makes you feel like you need to change or conform.

RESPECT

Kind words and actions. Feel safe sharing opinions, feelings, and secrets.

DISRESPECT

Rumors, gossip, and secrets are spread. Your opinion isn't respected.

SECURE

Allows you to grow and change. Encourages you to spend time with others.

INSECURE

Threatened by someone growing, changing, or having other friends.

BALANCED

Both feel comfortable with the time spent together. Not based on power or status.

UNSTABLE

Acting clingy or feeling ignored. Taking advantage of the other's status or money.

FIGHT FAIR

Disagreements are settled with honest communication and compromise.

FIGHT DIRTY

One or both people yell, hit, threaten, or throw objects during disagreements.