



## Keys to a Healthy Relationship

**YOU DESERVE TO BE IN A LOVING AND TRUSTING RELATIONSHIP, FOR YOU AND YOUR CHILD.  
HERE ARE SOME KEY INDICATORS OF A HEALTHY RELATIONSHIP:**

- You trust your partner.
- Your partner likes your friends and encourages you to spend time with them and wants to include them in his/her life as well as yours.
- You make important decisions together.
- Your partner understands when you spend time away from him or her.
- You have interests besides each other.
- You like yourself when you are with your partner.
- You treat each other as equals.
- Your partner encourages you to enjoy different activities and helps you reach your goals.
- Your partner likes you for who you are – not just for what you look like.
- You are not afraid to say what you think and why you think that way. You like to hear how your partner thinks, and don't always have to agree.
- You have both a friendship and a physical attraction.
- You don't have to be with your partner 24/7.

**IF YOU HAVE CONCERNS ABOUT YOUR RELATIONSHIP, CALL THE  
FAMILY VIOLENCE AND SEXUAL ASSAULT VIRGINIA HOTLINE 1-800-838-8238 V/TTY**

