

Are You Relationship Smart?

Healthy Relationships Include:

Open & Honest Communication

Sharing personal information, intimate thoughts, and feelings; comfortably expressing opinions; and talking about differences.

Positive Management of Differences

Handling disagreements respectfully; exhibiting good problem-solving skills and self-control during emotional situations

Caring & Kindness

Providing emotional support for each other; being aware of the other's life, thoughts, and feelings; demonstrating empathy, sensitivity, and understanding during interactions.

Closeness

Displaying age appropriate levels of physical attraction/contact; mutual exchanges of fondness; appropriate displays of affection.

Fun & Friendship

Sharing common interests; balancing time with each other and time with other friends doing activities they enjoy.

Shared Values

Holding similar and positive attitudes and goals for school and life; valuing each others' feelings, beliefs, and boundaries.

Commitment & Respect

Showing mutual respect and trust; treating one another with honesty and integrity; remaining true to your real self and liking the other for the person they are.

Family, Health, Home, Money...

...a UGA Cooperative Extension Family and Consumer Sciences Agent can guide you.

www.gafamilies.com
www.gamarriages.com



THE UNIVERSITY OF GEORGIA
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Relationship Facts:

About 1 in 5 teens say most of their friends are in unhealthy relationships

About 1 in 10 teens have been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend.

or call your local Extension agent at

1-800-ASK-UGA1