

RELATIONSHIP WELLNESS TIPS



FREEDOM

You might spend a lot of time with your partner, but you also need your space. Both partners should be able to have their own hobbies, likes, and friends. Always be yourself and know that you have the right to be free!

FAIRNESS

Relationships shouldn't be one-sided. Each person should be willing to compromise and listen to the other person's thoughts and needs. When it comes to opinions, both of yours matter.



BOUNDARIES

Each person has a right to decide what they are okay with in a relationship. This includes physical stuff, how often you talk to your partner, and whether you share your social media passwords. If you don't like when your partner texts and calls too much or doesn't give you alone time, you have the right to speak up!

TRUST + SUPPORT

Being able to rely on your partner helps you feel safe and secure in the relationship. It's about knowing someone has your back and best intentions at heart. You expect your partner to be honest and they don't let you down.



OPEN COMMUNICATION

Communication is a huge part of all relationships. Being able to express how you feel and taking time to listen to the other person is important and essential.