

What is a healthy relationship?

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What does a healthy relationship look like? When should you start talking about it? Education is a key component to bringing awareness to domestic violence. Violence in relationships is not exclusive to adults; in fact, unhealthy relationships often start early in life. As such, being able to identify and talk about these healthy factors is important to all people of all ages: ***#letstalk #healthyrelationshipsstartyoung #changetheculture.***

There are several key components to a healthy dating relationship as a teen. Some of these components include freedom to be yourself including dressing and acting how you would like, mutual respect - no put-downs or name calling, being OK with each other spending time with family and friends, listening to and encourage one another, respecting each other's privacy, healthy boundaries, and being able to communicate with one another without negative consequences.

Adults are not immune to needing health components in their relationships as well. These may include communicating with respect, valuing each other, trusting one another, being honest without feeling you have to share everything, making decisions together under the same standards, enjoying your own personal time, talking about your do's and don'ts during intimacy & reproduction, sharing financial responsibilities and resources, and when parenting together communicating comfortable parenting practices and your parental needs.

If you are ever concerned you are not in a healthy relationship, no matter your age, do not be afraid to seek help. Friends and family can be great resources. You may also choose to call SafeCenter, a local agency focused on supporting those in emotionally, physically, and/or sexually violent relationships.

SafeCenter is a non-profit agency whose vision is for all individuals to experience the right to be free from violence. Their mission is to build comprehensive and sustainable community strategies to eliminate domestic and sexual violence in Clinton and Shiawassee Counties. For more information regarding services, contact SafeCenter at 1-877-952-7283 or via email at safecenter@thesafecenter.org