

Quick Tips for Healthy Dating



Things to consider to help you build safe, respectful, and fun relationships!

Be Real

You deserve to be yourself in a relationship and not be judged by your partner for it.



Respect Boundaries



A good partner respects your time, space and choices, and you should do the same for them.

Take Responsibility

Both people should apologize and own up to any mistakes or wrongdoings that occur.

Say "No" and Be Heard

Your "no" matters and deserves to be listened to and respected without feeling guilty or pressured.

NO

Encourage Independence

Healthy dating means you still have your own friends, goals, and hobbies.

If You're Being Pressured...

Whether it's about sex, hanging out more than you're ready for, or anything else, you never owe anyone your time, body, or energy. It's okay to say:

- "I'm not ready for that yet."
- "I need to slow down and figure out what's right for me."
- "That's not something I want right now, and I need you to respect that."

If they don't listen, that's a them problem, not a you problem.

Communication Tips

- Use "I" statements
 - E.g., "I feel unheard when I'm cut off."
- Boundaries are a good thing: They help both people feel safe. A good partner won't punish you for setting one.
- Ask for clarity: Not sure what someone meant? You can ask. "Hey, can you help me understand what you meant by that?"

Watch Out for Red Flags

- Pressure to do things you're not ready for
- Feeling anxious, drained, or like you can't say no
- Hiding parts of yourself to keep the peace
- They try to control your time, clothes, or friends

What to Do If Something Doesn't Feel Safe

You're not overreacting. You don't have to wait until it gets worse.

Talk to someone you trust like a friend, mentor, family member, or therapist. You can also reach out to a confidential support line, like:

Love Is Respect –
loveisrespect.org or text LOVEIS to 22522

National Domestic Violence
Hotline – 800-799-7233



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