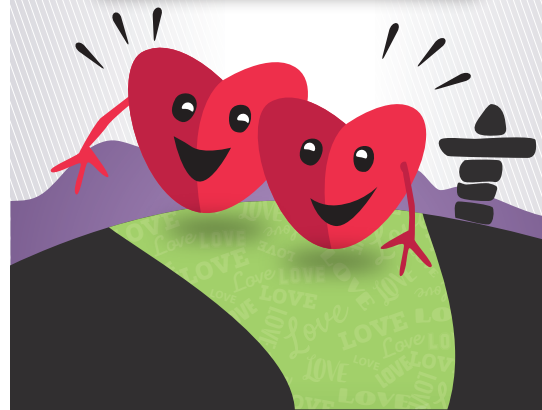


Healthy Relationships:

Let's Talk About Us



Learn more about healthy relationships and how to communicate better:
Talk to a nurse, social worker, or mental health worker

Visit

WWW.IRESPECTMYSELF.CA
WWW.SEXANDU.CA



WHAT DOES *love* MEAN?



Enjoyment
Family
Friends
Romance
Smiles
Kisses
Talking with each other
Kindness
Sharing
Honesty
Safety
Support
Accepting
Respect
Pleasure

Z-CARD® PocketMedia® US patent 5945195 #1234
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Love is more than sex!

In a loving relationship, partners:



Ask what feels good.



Respect desires, wants, choices, and feelings.



Talk about what makes each other happy, excited, sad, scared, angry, or nervous.



Choose to be together and enjoy time together.

Practice safe sex – protect each other from sexually transmitted infections and unplanned pregnancy.



Argue in healthy ways. It's okay to get mad. It's NOT okay to lie, cheat, or hurt each other.



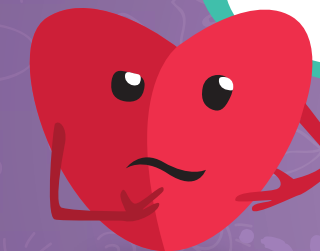
Share personal things. Take time to get to know each other, to trust and feel comfortable together.

Are you ready for a relationship?

Are you confident in yourself?

Do you believe you deserve to be treated well?

Have you made decisions about birth control and pregnancy?



Do you know sexual body parts and how they work?

Do you know what you want from the relationship?

Not everyone wants sex. Not everyone wants to get married or have babies.

Can you talk about and make decisions about safe sex?

Can you talk with your partner? Tell them what feels good and what doesn't? Talk about how to keep each other safe?