

# Healthy Relationships

## What is a healthy and respectful relationship?

- Nonviolent - peaceful - safe
- Mutually supportive
- Honest
- Equal
- Consensual

## What can you do to be in a healthy relationship?

- Resolve conflicts fairly
- Know and honor your own boundaries and your boyfriend/girlfriend's
- Wait to have a sexual relationship
- Support your boyfriend/girlfriend in his/her goals and interests
- Speak honestly to each other
- Respect your boyfriend/girlfriend

## What does it mean to consent to a sexual relationship?

**You always have the right to decide. Many youth choose to abstain or wait.**

- Sex happens by choice and not chance
- Both individuals agree to have sex
- Sex is a joint decision between people of equal power who aren't high or drunk
- Consent for one type of sexual activity is not consent for all activity

**STAND UP  
SPEAK UP  
ALASKA**

**Decisions about sex can be life-changing and should include information from reliable sources, parents and trusted adults.**

**Waiting to have sex is a healthy choice.**

**Your ability to legally consent is dependent on your age and your partners age. Know your partners age. For more information about Sexual Abuse of a Minor laws in Alaska visit:**

**[www.standupspeakupalaska.org](http://www.standupspeakupalaska.org)**

## Respecting Yourself



**[www.standupspeakupalaska.org](http://www.standupspeakupalaska.org)**