



# HEALTHY RELATIONSHIPS

**Respect:** Encourage and demonstrate **healthy attitudes and relationships.**

**Empower:** Everyone has the right and power to set limits, feel safe, and seek support.

**Communicate:** Express yourself to partners, peers, friends, and family.

**Learn:** I have the ability to access information that pertains to my **health** and **well-being.**

**Consent:** Seek **mutual agreement** without being fearful or pressured.