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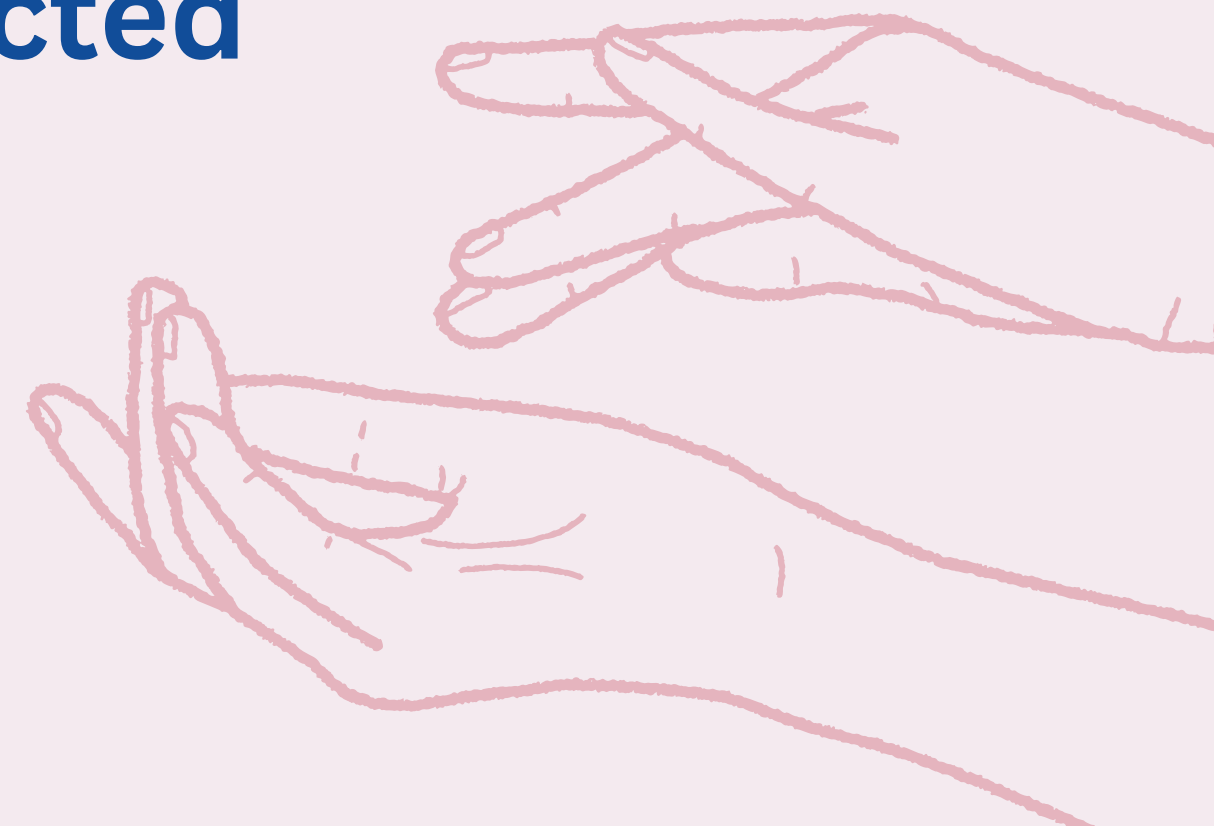


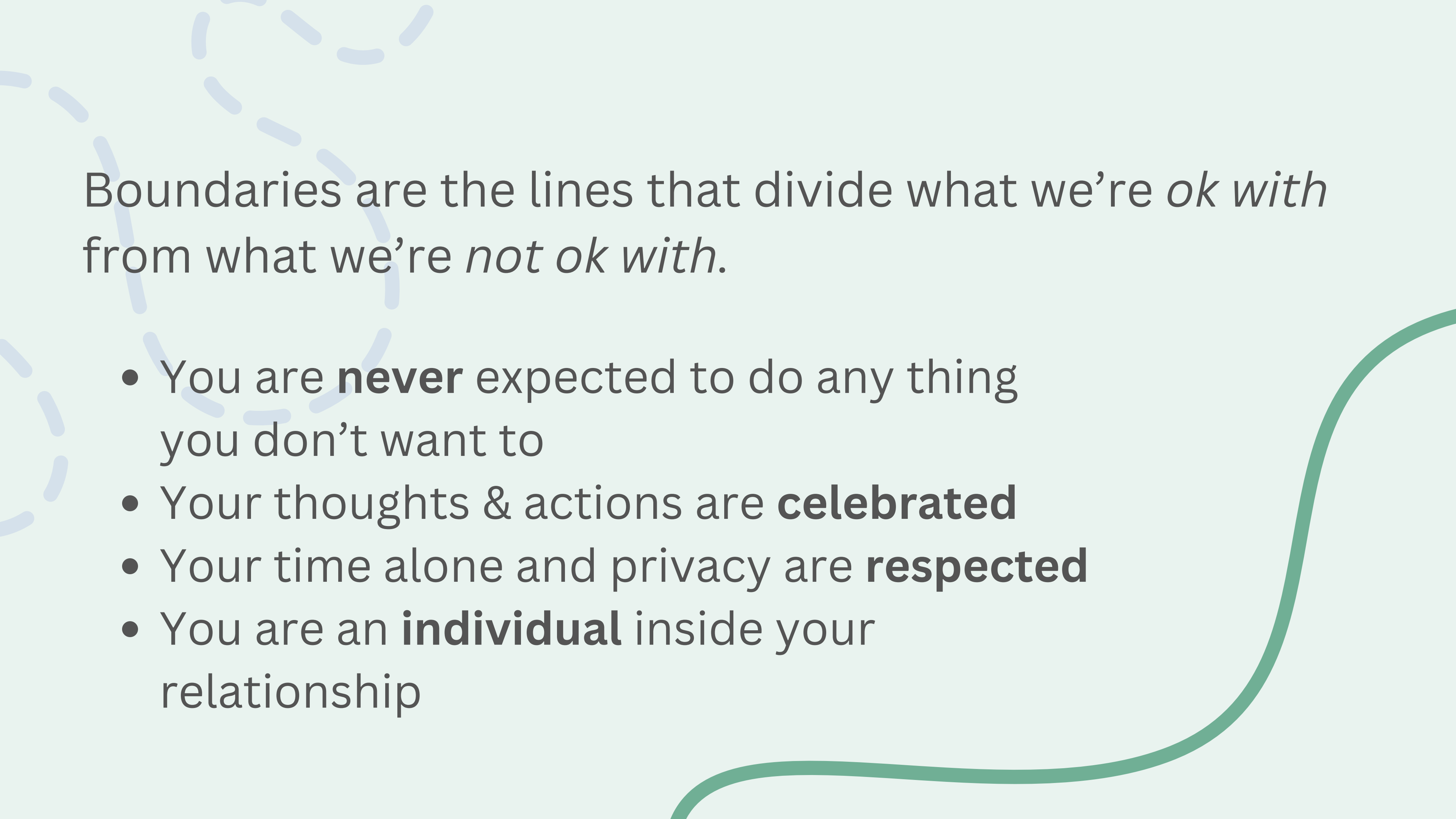
What to expect in a healthy relationship



Boundaries are the lines that divide what we're *ok with* from what we're *not ok with*.

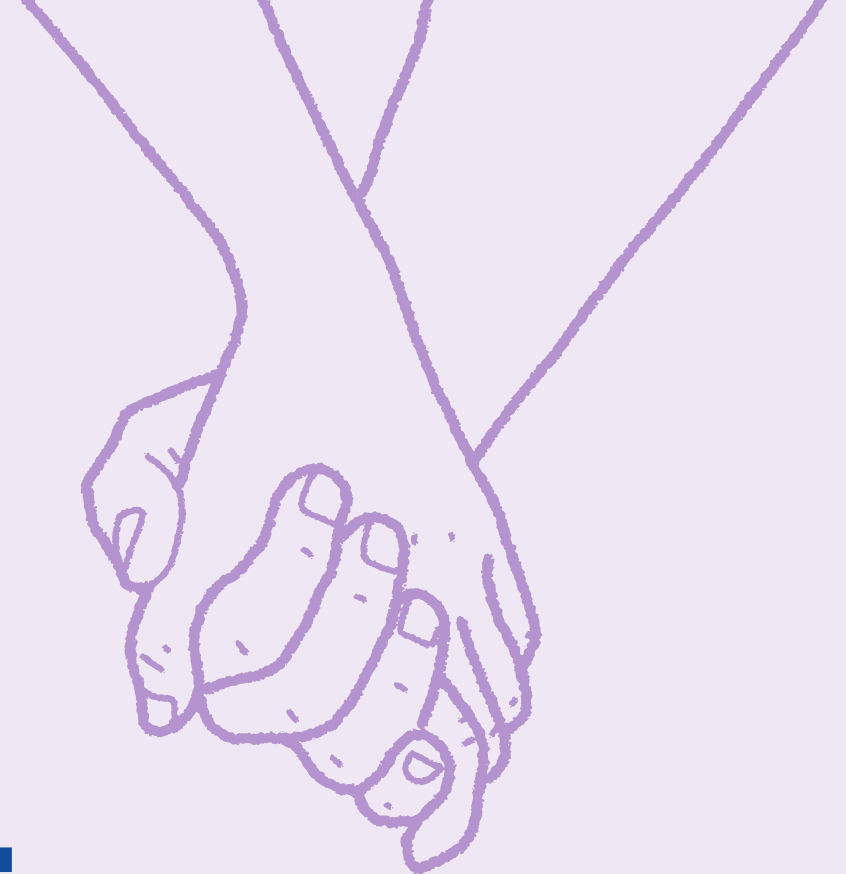
- You are **never** expected to do any thing you don't want to
- Your thoughts & actions are **celebrated**
- Your time alone and privacy are **respected**
- You are an **individual** inside your relationship





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Respect

Respect is knowing that your partner is a whole person that deserves to be treated well, just like you. You understand that they have their own opinions, values and life experiences.

Language and actions are **respectful and supportive.**

You can **agree to disagree.**

You can **communicate and compromise.**

You can share ideas, dreams, beliefs, needs and fears freely.

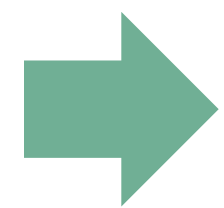
Kindness

Your partner **doesn't make fun of you**, call you names or do things to purposefully **hurt you**.

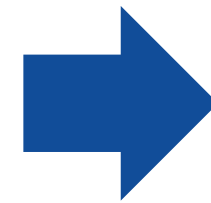
Instead you are both **kind** to each other, you think and **care** about each others feelings.



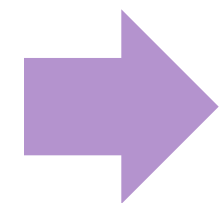
Empathy



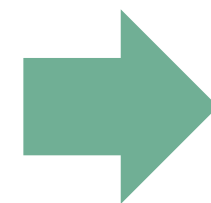
Wounds are respected,
never exploited.



You both feel seen,
valued and heard



You understand when
things are tough and
support each other.

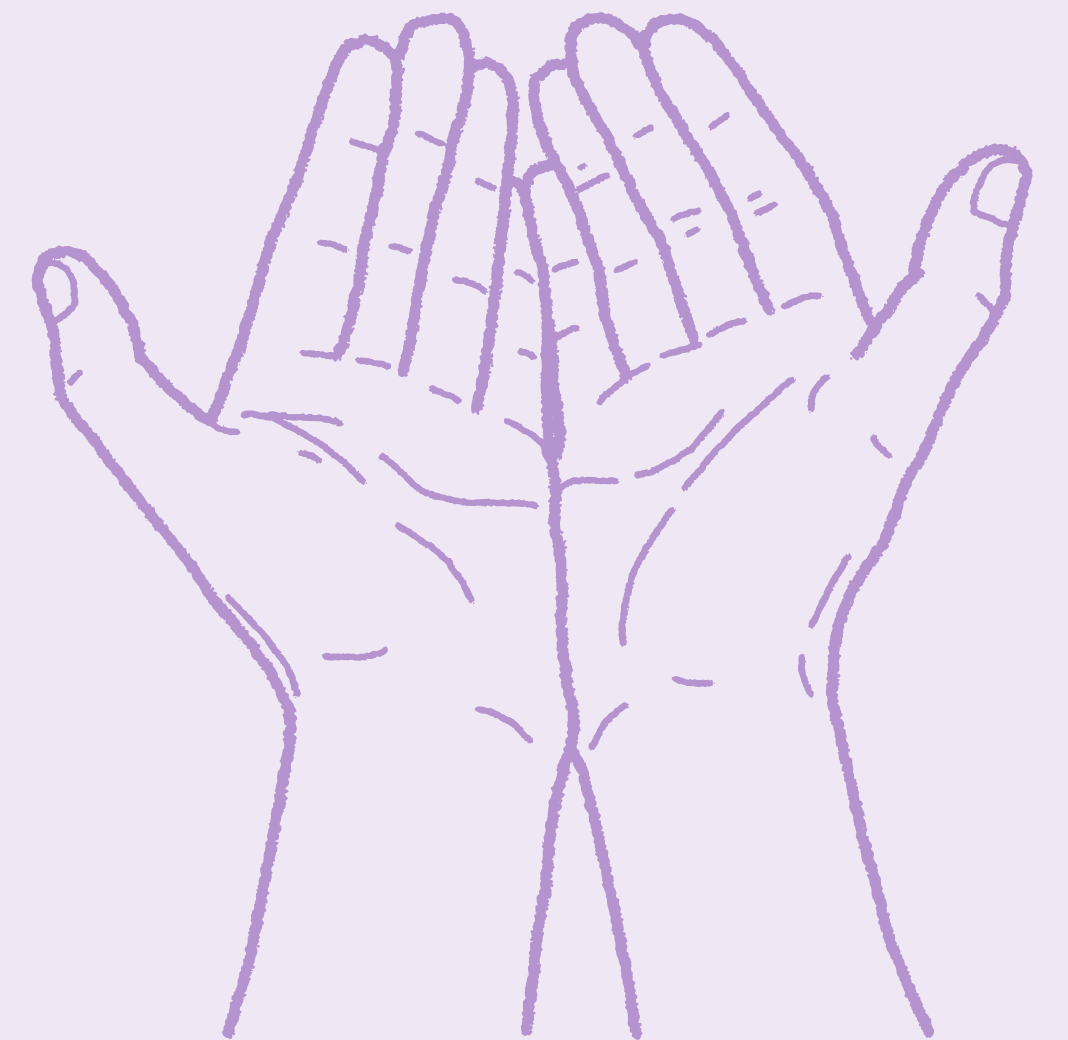


Secrets are shared,
never abused.



Safety

**You and your partner always
feel *safe*, at all times, in all
ways.**



Consent

Consent is maybe the most important part of physical touch and sex. It means freely, enthusiastically agreeing to something. In a healthy relationship, both partners understand and respect consent.

After all, unwanted touch can feel violating, triggering and painful. Your partner and you should care about getting consent before any sexual activity, and respect each other's boundaries.

They shouldn't pressure you to do anything that you feel uncomfortable with, and you shouldn't pressure them.

Consent is all about making sure that everyone feels good and is treated the way they want to be treated. It's not a word or lack thereof—it's a conversation.

There's a lot that goes into consent.



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PAVEE POINT
TRAVELLER AND ROMA CENTRE