

# What Should I Look for in a Partner?



Relationships require respect, trust and open communication. Whether you're looking for a relationship or are already in one, make sure you and your partner agree on what makes a relationship healthy. It's not always easy, but you can build a healthy relationship. Look for someone who will:

- Treat you with respect.
- Doesn't make fun of things you like or want to do.
- Never puts you down.
- Doesn't get angry if you spend time with your friends or family.
- Listens to your ideas and compromises sometimes.
- Isn't excessively negative.
- Shares some of your interests such as movies, sports, reading, dancing or music.
- Isn't afraid to share their thoughts and feelings.
- Is comfortable around your friends and family.
- Is proud of your accomplishments and successes.
- Respects your boundaries and does not abuse technology.
- Doesn't require you to "check in" or need to know where you are all the time.
- Is caring and honest.
- Doesn't pressure you to do things that you don't want to do.
- Doesn't constantly accuse you of cheating or being unfaithful.
- Encourages you to do well in school or at work.
- Doesn't threaten you or make you feel scared.
- Understands the importance of healthy relationships.

Remember that a relationship consists of two people. Both you and your partner should have equal say and should never be afraid to express how you feel. It's not just about speaking up for yourself -- you should also listen and seriously consider what your partner says.

Every relationship has arguments and disagreements sometimes -- this is normal. How you choose to deal with your disagreements is what really counts. Both people should work hard to communicate effectively.

For more information, visit [www.loveisrespect.org](http://www.loveisrespect.org)

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