

real love is respect.



A healthy relationship is any connection between two people. It could be romantic, like dating or marriage, or other types of relationships, like friendships and family.

A healthy relationship has trust, equality, honesty, and open communication. Both people feel valued.

Supportive, loving relationships can make our lives happier and more meaningful. They encourage us to thrive.

If you or someone you know is experiencing abuse, there are ways to get help.

Reach out to a trusted adult, like a parent or counselor.

Go to loveisrespect.org to learn more about resources, or text **LOVEIS** to **22522** or call **1-866-331-9474** to talk to someone who can help.

Remember: you are never alone!

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let's talk about

healthy relationships

rejection



Rejection is the feeling of not being accepted by someone else. It's a complicated feeling that can be hard to process.

Rejection can happen when someone says "no" to something we ask, like when someone has a boundary that is different from your own.

EXAMPLE:

Person 1: "Do you want to go on a date with me?"

Person 2: "I'm not looking to start a relationship right now."

healthy ways to handle rejection

Rejection is hard! But handling rejection in a healthy way is essential for healthy relationships.

If you're feeling rejection, doing one of these things might help:

- Talk about it with a friend or trusted adult
- Write down your feelings and try to understand them
- Take some time to recover from the experience
- Think about the other person's perspective
- Connect with people who make you feel happy and accepted

qualities of a healthy relationship

Respect

Each person values the other person

Honesty

Each person tells the truth

Trust

Each person believes the other person and can rely on them

Caring

Each person is loving and kind to the other person

Supportive

Each person encourages the other person



boundaries

Healthy relationships have boundaries. Boundaries are statements that explain what you are comfortable with and how you expect others to treat you.

what is abuse?



Abuse is when one person in a relationship mistreats the other person in a serious way.

Not all unhealthy relationships are abusive, but some warning signs that a relationship may be abusive include:

- Threatening the other person
- Accusing the other person of things that aren't true
- Being controlling
- Isolating the person from their friends and family
- Physically harming the person, like hitting them
- Sexually abusing the person, like making them have sex when they don't want to
- Limiting access to a person's money and other necessary tools, like cars, information, and bank accounts

Everyone has a right to set boundaries and a responsibility to respect other people's boundaries.

EXAMPLES:

"I don't feel comfortable hugging strangers."

"I want to wait until college to have a serious relationship."