

Healthy Relationships

Los Angeles County Department of Mental Health

What is a Healthy Relationship?

A healthy relationship is one where each partner collaborates on how they wish to communicate, respect, support, and consider one another's individual wants, needs, and interests.

Each Person Values Who the Other is and Understands the Other Person's Boundaries.

What are relationship "red flags"?

- Excessive jealousy or insecurity
- Controlling how you spend your time and with whom
- Blaming you for problems in the relationship
- Invasion of your privacy (e.g. looking through your phone, computer)
- Unexpected bouts of anger or rage, taunting, bullying, and falsely accusing you of things
- Threatening or causing physical violence
- Pressuring you into unwanted sexual activity



What Are The Impacts on Your Mental Health?

- Unhealthy relationships can cause anxiety, trouble sleeping, depression, and can impact your self-esteem.
- Chronic stress has also been linked to poor mental health.
- If you find yourself needing help, talk to someone or find a support group with others who have had similar experiences.

When Setting Boundaries:

- Communicate what you would like to keep private (e.g. online and offline)
- Define what makes you feel safe and respected
- Make a list of what are your deal breakers in a relationship
- Schedule time for yourself, with your friends and family
- You have the right to choose who you want to date and when/if you have sex
- You can say NO any time when/if you do not feel safe or comfortable

Resources

1. <https://www.loveisrespect.org/healthy-relationships/setting-boundaries/>
2. <https://www.teendvmonth.org/resources/signs-teen-dating-violence/>
3. <https://www.psychreg.org/unhealthy-relationships/>
4. <https://www.peaceoverviolence.org/>