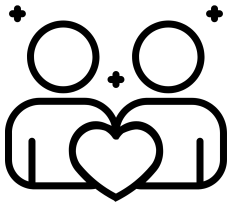


## Healthy Relationships Strategies

Healthy relationships are rooted in equality and respect, and it takes effort and skills to maintain them. Learn more by reviewing the key components of a healthy relationship below.

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### Strategy 1: Honor others' perspectives and own our impacts.



- **Accountability:** Own up to your mistakes or when you cross a boundary
  - Acknowledge harm honestly
  - Engage in an active apology
  - Avoid repeating harmful behaviors
  - Follow through on commitments to change behaviors
- **Kindness:** Treat your partner kindly
  - Approach conversations with empathy and thoughtfulness
  - Center care in your actions
- **Respect:** Accept people for who they are and the boundaries they have
  - Honor their boundaries
  - Respect their likes, dislikes, opinions and gender expression
  - Care about their well-being and feelings

### Strategy 2: Benefit mutually from the relationship



- **Fairness:** Make decisions together and compromise when needed
  - Work together to ensure that the amount of energy and resources invested in the relationship feels fair to everyone
  - Make space for each other to feel heard
  - Be patient and assume positive intent
- **Fulfillment:** Ensure the relationship is safe, equal, meets your needs and brings you joy
  - Spend time with each other at a rate that feels comfortable and safe
  - Demonstrate care by using each other's Love Languages
  - Support each other in accomplishing each person's goals
- **Independence:** You are a whole, complete person, who is complemented, not completed, by a partner
  - Spend time apart with others or by yourself
  - Attend to commitments and responsibilities outside of your relationship
  - Maintain your individual boundaries

### Strategy 3: Build a supportive foundation.

- Communication: Use active listening with your partner
  - Talk about needs and interests
  - Explore how to address conflict together
  - Learn about each other's Apology Languages
- Honesty: Be honest with yourself and with your partner
  - Reflect about what you want/need and how to communicate it
  - Be clear and direct about your expectations
  - Talk about how each others' needs will be met
  - Name when your partner does or says something that causes you harm
- Trust: Believe and show up for one another
  - Give people time to develop trust
  - Show up consistently to demonstrate that you can be trusted



In unhealthy relationships, partner(s) engages with some of the key components of a healthy relationship but not all. Abuse can occur when one partner maintains a pattern of behavior that is used to gain and maintain power over their partner. Knowing how to identify unhealthy dynamics for yourself and those around you can be helpful in preventing relationship violence and connecting folks to support.

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CARE at SARC is UC San Diego's confidential survivor support and education office for sexual assault, relationship violence and stalking. Reach out to CARE at SARC to connect to services.

**24/7 Phone:** 858-534-5793

**Location:** Student Services Center, Suite 500

**Support Services:** [careadvocacy@ucsd.edu](mailto:careadvocacy@ucsd.edu)

**Prevention Education:** [careinfo@ucsd.edu](mailto:careinfo@ucsd.edu)

**Website:** [www.care.ucsd.edu](http://www.care.ucsd.edu)

**Instagram:** @UCSDCARE

