# Healthy Relationship Strategies

## Respect
- Treat them kindly

## Communication
- **Consent**
  - Ask, listen, respect
  - Make time to address conflict
  - Be intentional about connecting
  - Engage in active listening
  - Treasure time spent together
  - Provide support during times of stress

## Trust
- **Believe** them
  - Respect each other’s privacy
  - Express your true feelings
  - Honor commitments outside of the relationship

## Independence
- **Establish** boundaries
  - Give them space
  - Respect boundaries
  - Support goals
  - Honor commitments outside of the relationship

## Fairness
- **Compromise** together
  - Follow through on commitments
  - Respect differences
  - Practice patience

## Honesty
- **Speak your truth**
  - Be honest about yourself
  - Discuss concerns about the relationship

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For more information on resources, programs, and support services, contact the CARE at the Sexual Assault Resource Center: Student Services Center, 5th Floor, Suite 500 careinfo@ucsd.edu | (858) 534-5793 | care.ucsd.edu

Rev. Date March 2020