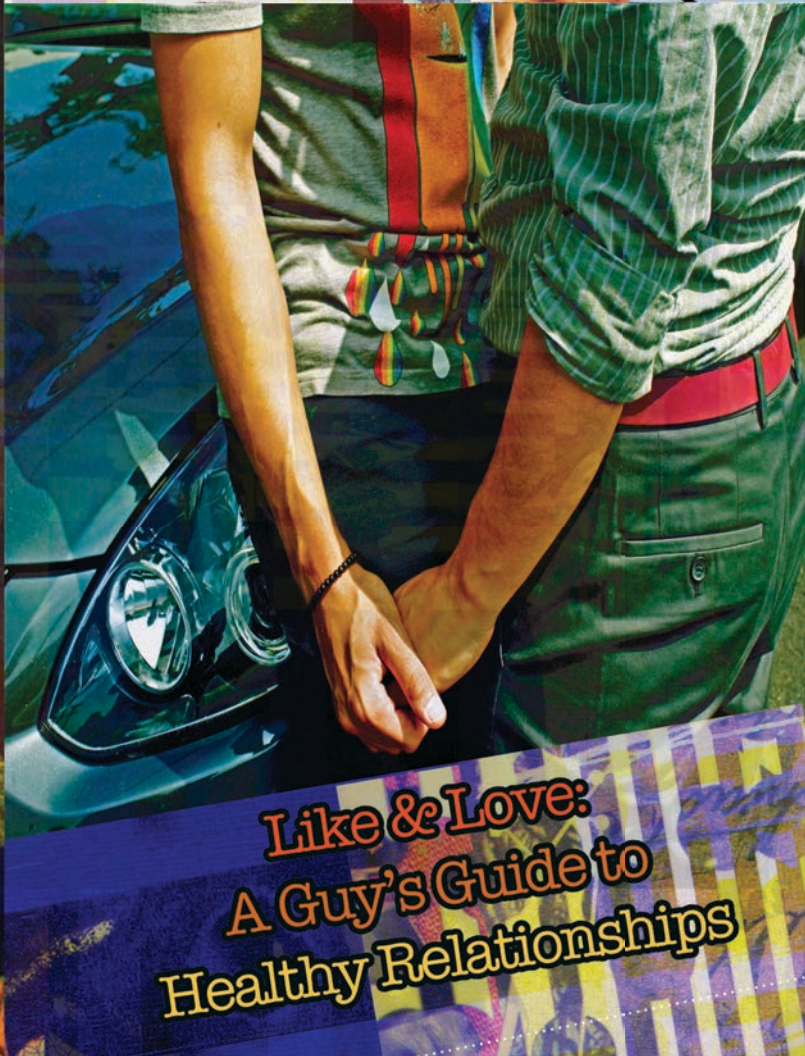

Like & Love: A Guy's Guide to Healthy Relationships

What is a healthy relationship?

A healthy relationship is free from physical, emotional, and sexual violence. Healthy relationships are built on a foundation of mutual respect.*

They also have these positive qualities:

- Good communication
- Compromise
- Honesty
- Understanding
- Trust

*http://www.cdc.gov/chooserespect/understanding_dating_violence/healthy_vs_unhealthy_relationships.html

Relationships can mean many things– being in serious partnerships, dating casually, having no label, being single and hooking up, and all situations in between.

Sometimes it's hard to tell if a situation is healthy or not.

You decide if you're ready for the next step.

Things to Consider

- What type of relationship do you want, and how does it fit with your goals?
- Where do you meet guys? Is it safe?
- If you hook up online or at a club, do you let a friend know where you will be?
- Do you know what you want sexually, and are you able to speak up about your likes/dislikes?
- Are you using condoms and lube?
- Are you getting tested for HIV/STIs?
- Do you openly discuss your HIV/STI test results with your sexual partner(s)?
- How do you communicate?
- How serious do you want to be, and does he agree?
- Do you make each other happy?

What is an Unhealthy Relationship?

An unhealthy relationship involves one partner (or both) trying to control the other using threats, emotional/verbal abuse, or physical/sexual violence.

Here are some things that unhealthy relationships are made of:

- Disrespect
- Intimidation
- Dishonesty
- Violence
- Dependence

Red Flags

There is no such thing as a perfect relationship. Having disagreements and tough times are normal, but there are some signs to look out for. These are clues that tell you that it's time to get advice or help because the relationship may not be healthy to stay in.

- Lies and secrets
- Possessiveness or not giving space
- Put downs and criticisms
- Sending excessive text messages or calls
- Avoiding communication
- Snooping around personal accounts (Facebook, e-mail, texts, etc.)
- Hooking up mostly when feeling lonely, stressed, or depressed
- Party N Play (PnP) defines your sex life
- Not respecting sexual boundaries
- Physical abuse or violence
- Uncontrolled anger or emotional outbursts
- Threats to 'out' or expose personal information

Tips

Whatever your relationship status is, here are a few tips for making healthy decisions:

- Be open about your feelings to your partner.
- Be sober when making decisions.
- If you're too angry, take a breather. Have a conversation once you've cooled off.
- Consider taking some alone time. Being solo can give you space to get stuff done.
- Talk to someone you trust when feeling down.
- If you are feeling overwhelmed, get professional support.

There are resources listed on the back of this brochure.

Keep in mind your self-worth.

You deserve to be happy.

Gay Men's Domestic Violence Project
Advocates available 24/7
(800) 832-1901

LoveIsRespect.org
Peer advocates available 24/7
(866) 331-9474

TeenLineOnline.org
Teen Line available 6-10 pm PT
(800) 852-8336

For additional copies of this brochure, please e-mail SYPP Center at sypp@chla.usc.edu.

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