



**Don't Be Silenced**



**Healthy  
Relationships  
Begin with You!**

**All relationships in your life should  
be built on a foundation of respect,  
honesty and trust.**

## ***What is a healthy relationship?***

In healthy relationships, you and the person you are dating feel good about each other and yourselves. You do things together and talk to one another about how you are feeling about each other. These relationships are built on respect and honesty between both people. You listen to each other's thoughts and opinions and accept each other's right to say no or to change his/her mind. Communication is very important. You should be able to let the other person know how you are feeling. You might disagree or argue sometimes, but you should be able to talk things out together to reach a compromise.


## ***How do you know if you have a healthy relationship?***

- You feel safe around the other person and you trust him/her with your feelings.
- You respect each other's opinions, discussions and boundaries.
- You enjoy spending time with the other person instead of feeling pressured into spending time with them.
- You feel good about yourself.

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**For more information on preventing Teen Dating Violence, please call the Lake County State's Attorney's Office/Lake County Juvenile Justice Council (847)377-3000 or the Teen Dating Abuse Hotline (866)331-9474 or visit:**

***[www.lcsao.org/justiceforyouth](http://www.lcsao.org/justiceforyouth)***

** [www.facebook.com/lakecountyilsao](http://www.facebook.com/lakecountyilsao)**

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Artwork on the front designed by  
2013 Poster Contest winner  
Gabriella Slominski, Crystal Lake High School



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