



TOP 5 Healthy Relationship MUST HAVES

- 1. Kindness:** I **DESERVE** someone who is gentle, kind and shows empathy.
- 2. Trust:** I **DESERVE** someone who I can confide in and feel safe with.
- 3. Loyalty:** I **DESERVE** someone who is reliable, committed and supports me.
- 4. Strong Character:** I **DESERVE** someone who brings out the best in me.
- 5. Respect:** I **DESERVE** someone who listens, respects my boundaries, my thoughts, my opinions, my choices, and my body. I have the right to set limits, ask for space, and to say no.

**NEED SUPPORT
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WHAT IS
LOVE

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