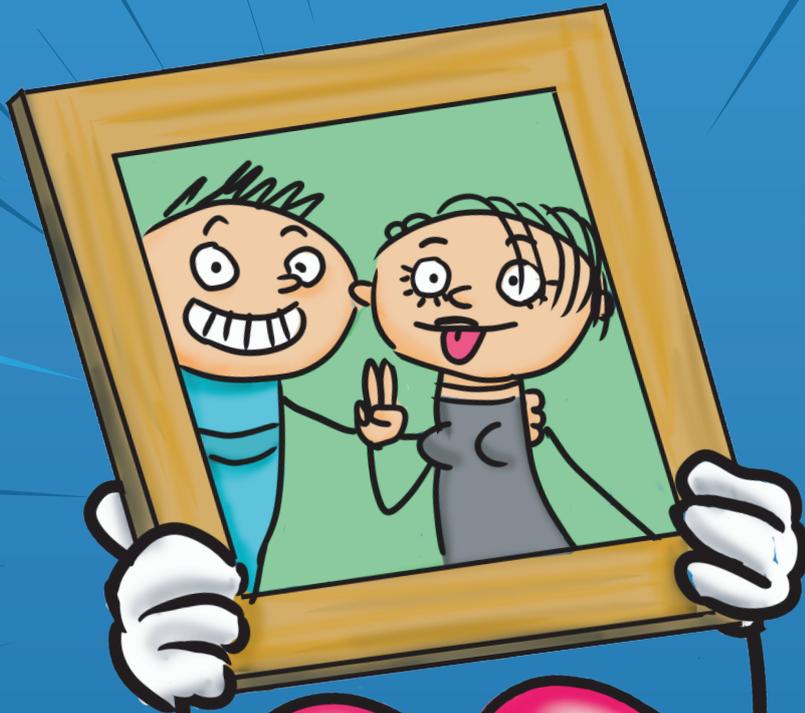


# amaze COMICS



**WHAT MAKES  
A RELATIONSHIP  
HEALTHY?**



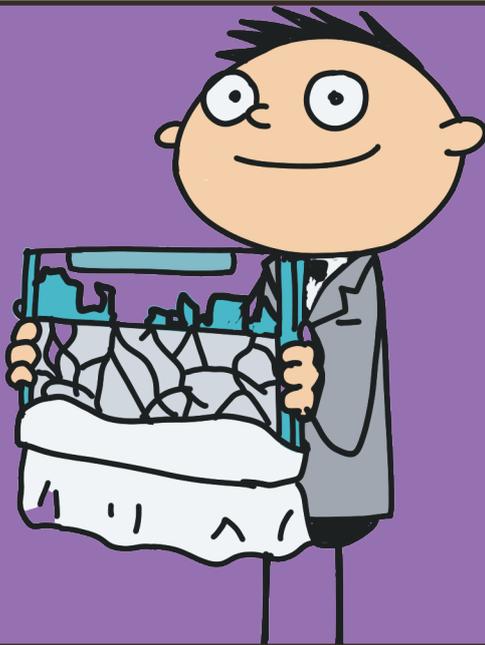
amaze

Kevin is home, holding a picture of his girlfriend.

Wow, you really like Nora, don't you?

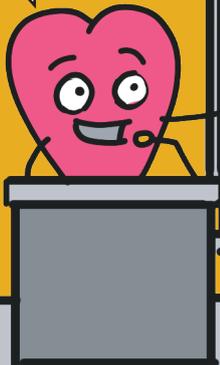


Yeah, she's awesome! I just hope I can be awesome too! She's my first girlfriend, so I'm really new at this!



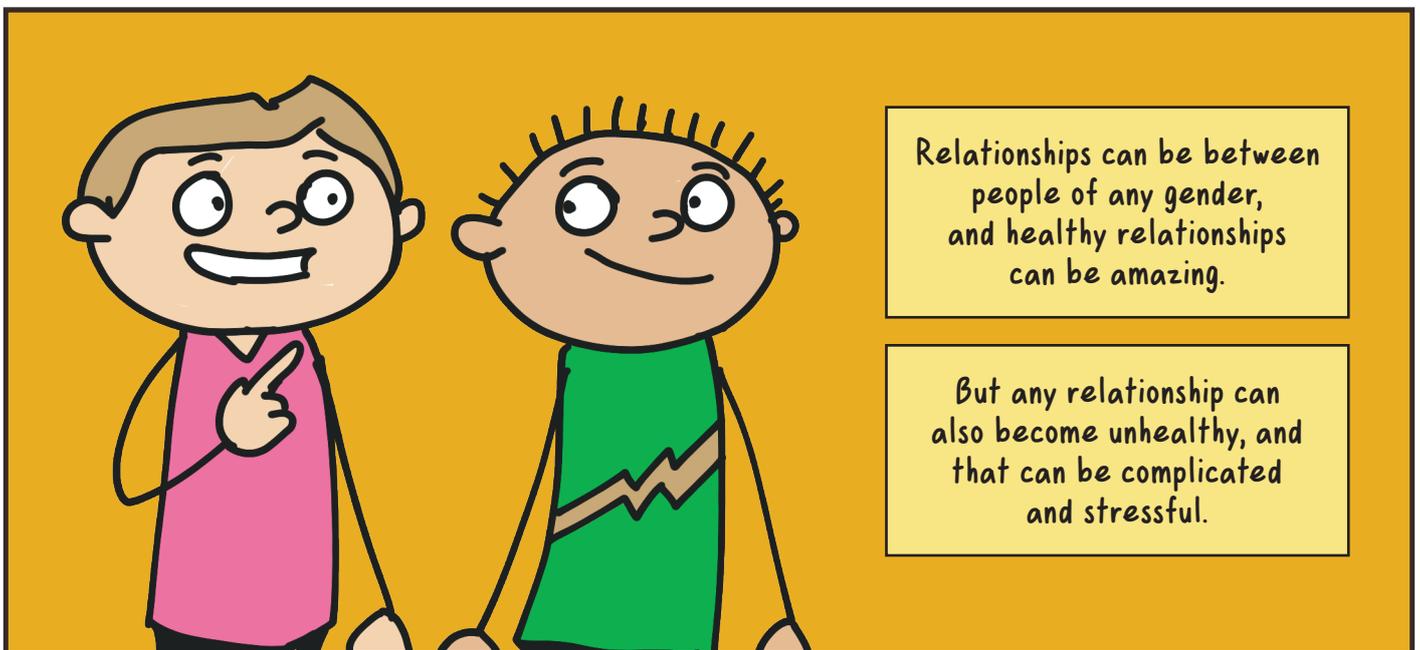
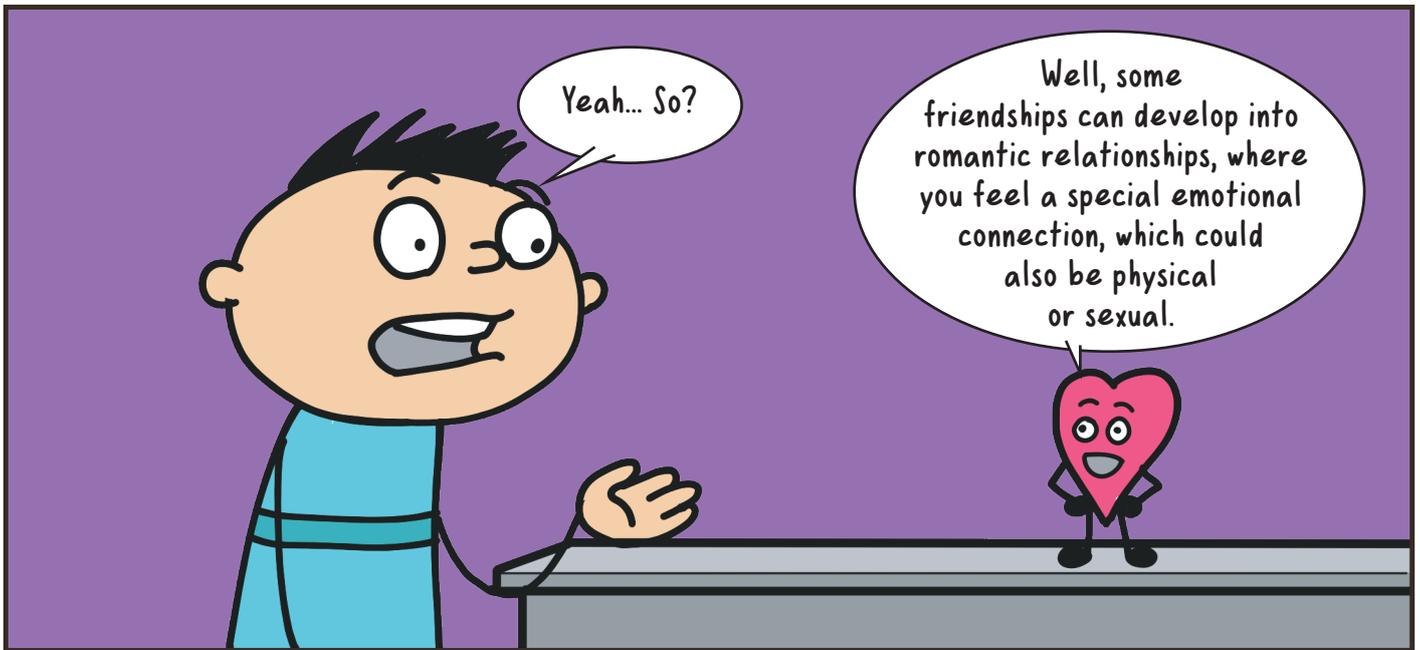
This will literally be the first year I don't take my ant farm to the Spring Fling!

That's why I'm here! Let's have a talk about healthy relationships.

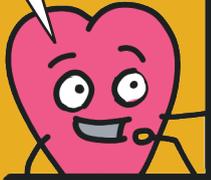


## HEALTHY RELATIONSHIPS

As you get older, it's normal to feel more independent from your family, and closer to your friends.



Whether friendship or romance, every healthy relationship is based on respect, equity, and communication.



RESPECT  
EQUALITY  
COMMUNICATION

In a respectful relationship, each person is valued for who they are, so you can feel confident expressing yourself, or saying "no" to something you disagree with, without fear of being judged or ignored.



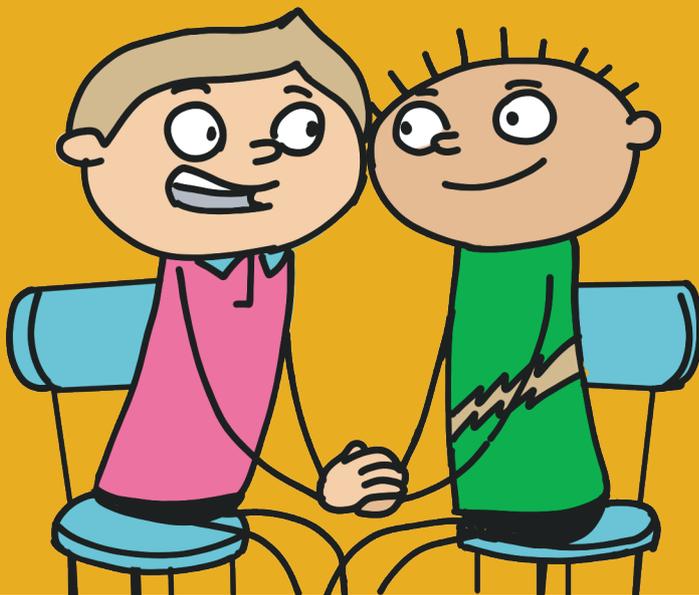
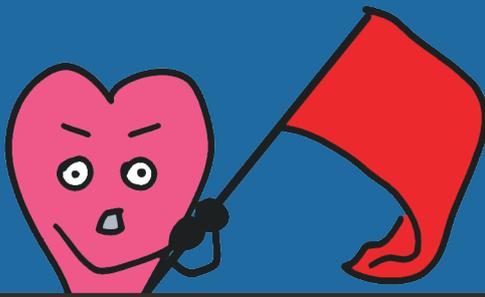
If someone regularly teases you, or pressures you into doing things you're not comfortable with, it shows a lack of respect, and could be a sign of an unhealthy relationship.



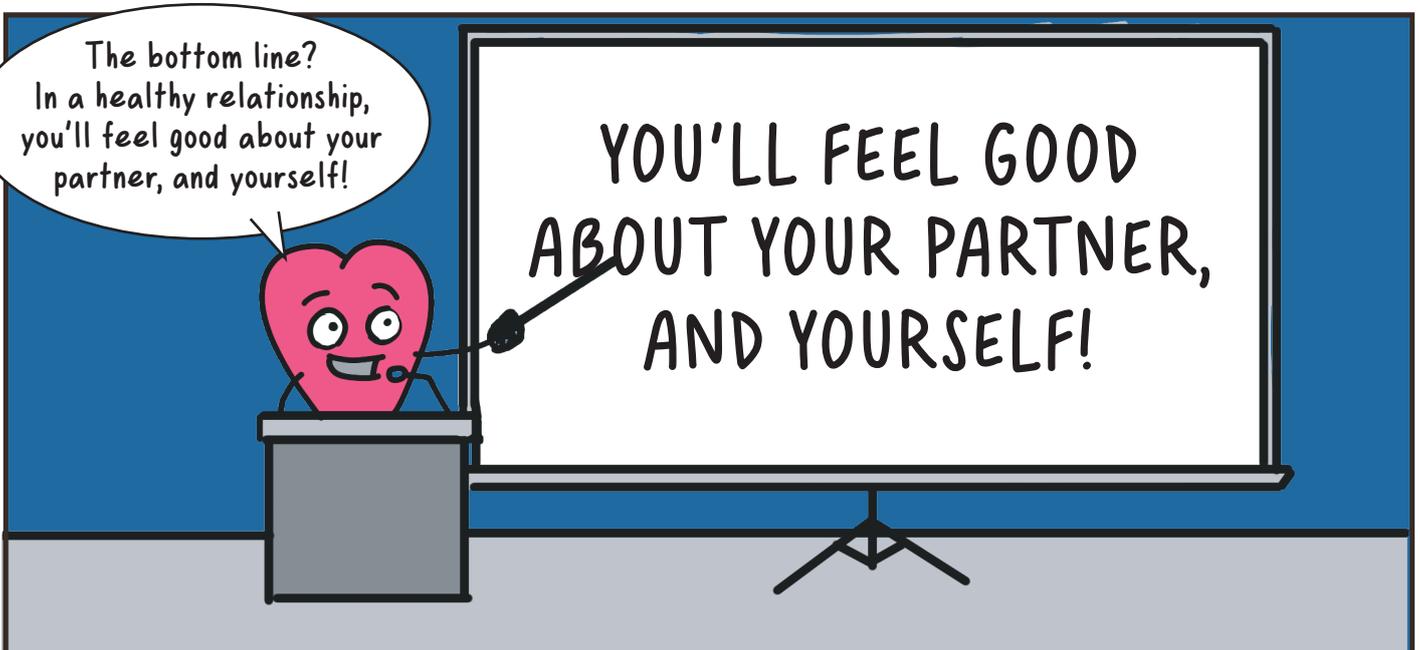
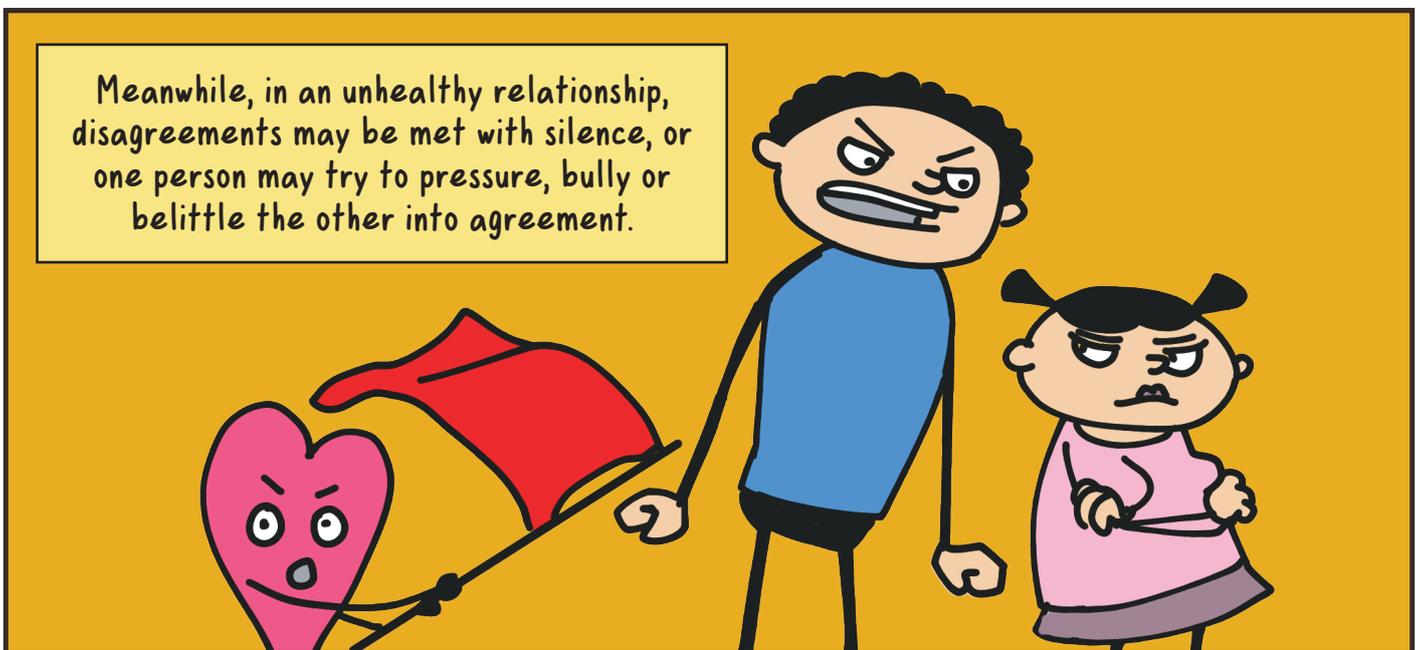
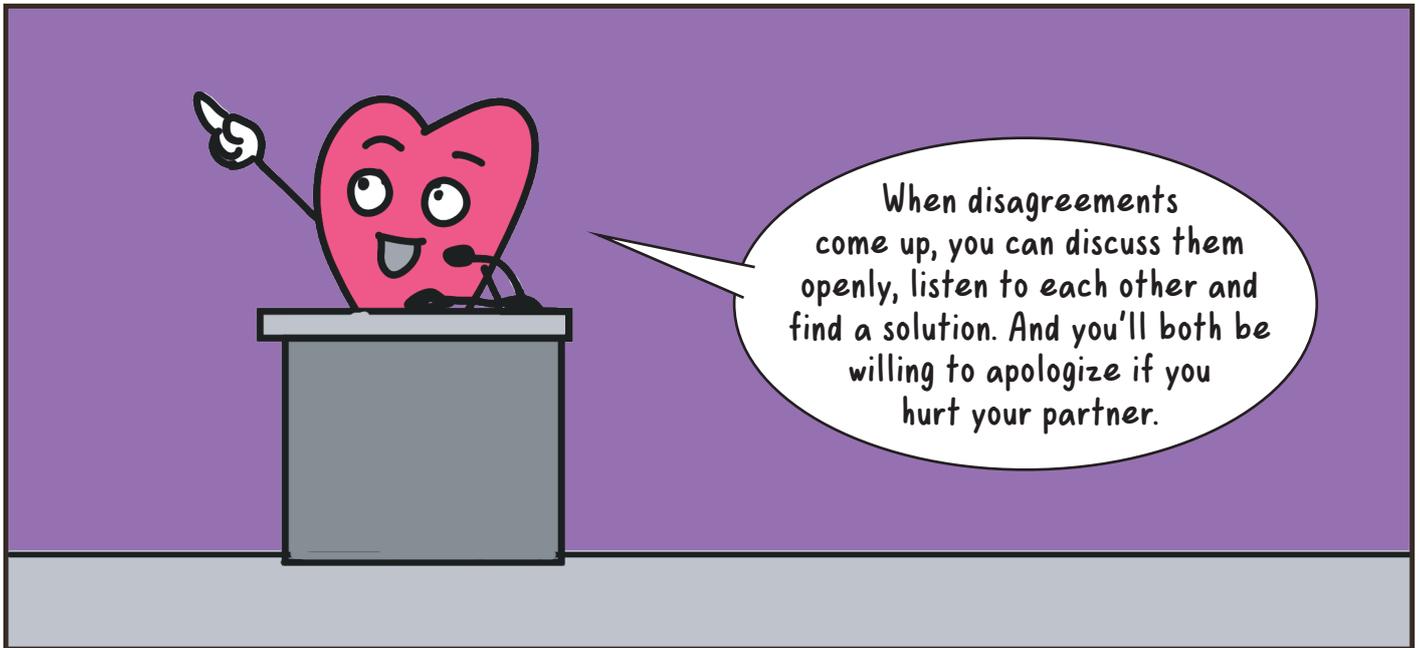
It's also important for both people to be treated as equal partners. Then you can cooperate and compromise together in a balanced way, while respecting each other as individuals.

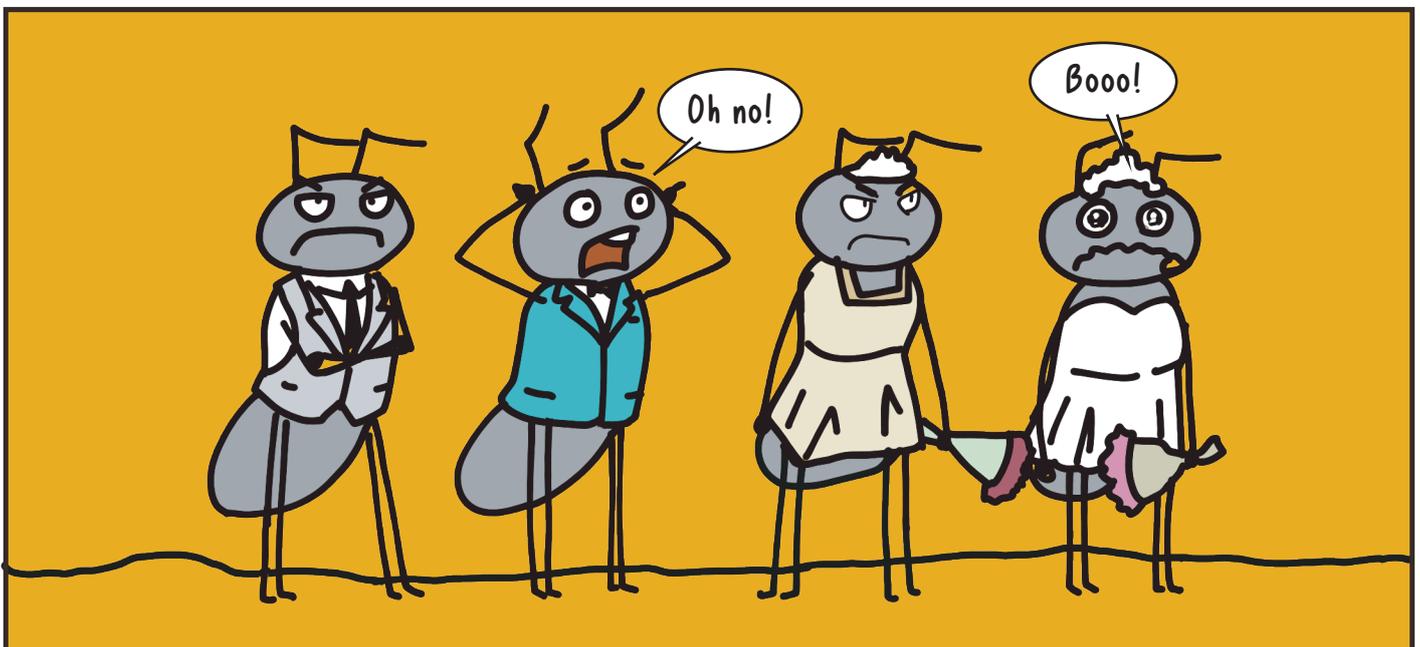


If someone tries to control their partner or the relationship. For example, by making all the decisions, or sending tons of texts to check up on you, it's another bad sign.



In a relationship with good communication, you'll feel free to say what you mean, and mean what you say.







# ACTIVITY

After reading the comic, use an X to identify behaviors that might indicate a red flag or warning sign in an unhealthy relationship:

- They raise their voice, insult, and leave the room when angry.
- They compare their partner to other people, shame them, and suggest they act more like others.
- They apologize when necessary, acknowledge their mistakes and try to correct them.
- They ice the other person out for several days if they don't do what they ask.
- Suspicious of their partners friends, talks ill about them and suggests they stay away.
- After a misunderstanding, the partner listens and talks about their feelings, encouraging both to reach an agreement.
- Feels confident, calm, and secure in the relationship.
- The partner might often change their mind about their feelings or may not express them openly.
- Shames their partner if they don't perform certain tasks, forcing them to give in to the other person.
- Dictates how their partner should dress and behave without considering their feelings.
- Mocks their appearance or makes fun of people close to them.

educa

amaze

**Advocates  
for Youth**  
Young. Powerful. Taking Over.



**GRUPO  
MONO  
COMICS**

**Sexualidad  
Sin Misterios**

