

What Is Respect In a Relationship?

Most people want to enjoy health and relationships. A relationship can affect health for good or bad. Respect is vital to relationship health.

Respect means things such as good boundaries and communication. Respect also means to treat a person as an equal. But what does respect mean in daily life?

To show respect in a relationship can mean to:

- Be fair with time and money
- Honor consent when it comes to affection and intimacy
- Show the person that you care and that they are important to you
- Tell someone if they make you happy and show appreciation
- Stay active in making important decisions
- Consider options and listen to what someone is saying
- Do not threaten or shut someone down.

To behave with respect can also mean to:

- Support the other person in meeting their needs
- Participate in things in which the other person has interest
- Invite, instead of demand, things or responses
- Be honest and safe and expect the same from the other person
- Never hurt someone on purpose
- Value the other person's privacy by not trying to find out passwords in order to check on phone calls and social media messages
- Be trustworthy and do not spy on a person to see who they are with or what they are doing.

If it is hard to respect a person or you do not feel that you get respect it may be time for a healthy breakup. This must be based on respect and may include points bulleted with [○] from the above list.

To find the domestic abuse program nearest you, visit <http://pcadv.org> and click on *Find Help* or use the *Find Help* map on the home page.

To reach the National Domestic Violence Hotline, call 1-800-799-SAFE (7233).
For TTY 1-800-787-3224.

A teen may call the National Dating Abuse Helpline to talk to a teen or adult: 1-866-331-9474 [TTY 1-866-331-8453] or visit the websites:

<http://www.loveisrespect.org/>

<http://www.thatsnotcool.com/>