

Paths to HEALTHY RELATIONSHIPS

I have the right to:

- Be who I am
- Express myself
- Communicate my needs
- Say **NO**
- Spend time with friends
- Have a **VOICE**
- Leave a relationship
- Stand up for what I believe in
- **THINK FOR MYSELF**
- To be respected
- Learn from my mistakes
- Keep my passwords private
- Continue to do what makes me happy
- Be with whoever I want
- Take time for self-care
- Ask for support
- **To give consent**
- Not be judged or put down for my beliefs
- Stay lit fam 🤞

WHY IS THIS IMPORTANT?

It's important because everyone should have a healthy connection with their significant other. Healthy meaning that there's communication between the partners and even goals set to keep each other on the right path. A relationship that lacks these qualities can be rough to work with and the partners may end up hurting not only each other, but themselves as well. With this list to guide you, these problems can be alleviated.

Created by the CSVANW Native American Community Academy Intern – Shaylee Skidmore



COALITION to STOP
VIOLENCE AGAINST
NATIVE WOMEN

4600 Montgomery Blvd NE, Ste B202 • Albuquerque, NM 87109 • Phone: (505) 243-9199 • Fax: (505) 243-9966
www.csvanw.org

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