

Healthy relationships start with a 4-letter word: **TALK**

Here are 3 things that can help you have healthier and happier relationships:

1. **CONSENT:** Have you and your partner talked to make sure you're both ready for sexual activity?
2. **TRUST:** Do you feel safe and comfortable with your partner? Emotionally and physically safe?
3. **RESPECT:** Does your partner show you respect? Do you show respect to others? How do you show respect to your partner?

For conversation starters, scan the QR code.

