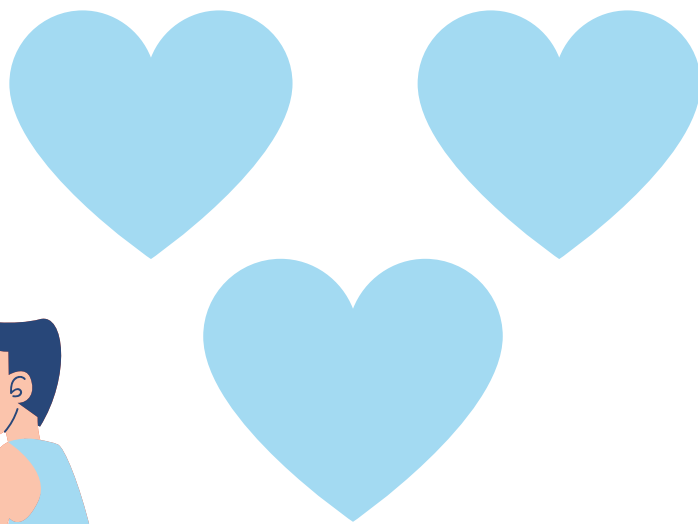






**#TalkAboutItTUESDAY**

# Healthy Relationships



# Importance of Communication

- Key to healthy relationship
- Set boundaries (physical and emotional)
- Think about what you want out of the relationship and communicate that with the other person (make sure all parties are on the same page)
- Everyone's communication style is different, so make sure you know the other's communication style and how they like to be talked to and treated in certain situations as well as your own

