

# RESPECT

VERSUS

# SELF-RESPECT

COMPARING 2 IMPORTANT ELEMENTS OF A  
HEALTHY REALATIONSHIP



Talk openly and honestly with each other



Listen to understand each other



Speak kindly to and ABOUT each other



Appreciate and respect your differences



Give each other space



Build each other up. Be your partner's  
biggest cheerleader



Be reliable and accountable for your actions



Know that you deserve to be treated with  
kindness, fairness, and with equality



Speak up for yourself!



Have and maintain boundaries



Stay true to yourself and your beliefs



Know that you have worth and value



Use positive self talk and have pride in your  
accomplishments



Take care of your self - body and mind!