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**Upcoming
Events!!!**

**Healthy Relationships
Teen Talk**
Saturday
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Healthy Relationships

By Jenny Zhu, Teen Health Educator

You have a crush on someone. You build up the courage to finally ask this person out. You go on a date and have a great time with each other. Now the two of you are in a relationship. What does that mean?

A relationship is a bond between two people who mutually care for, trust, and are open with one another. You can show that you care for your partner in many ways. Sending flowers is a nice gesture, but it is not the only way to show that you care! Leaving a sweet note in your partner's locker or inviting your partner to try something you enjoy that he/she has never done before would all put a smile on his/her face. Let your partner know that you listen by remembering things that he/she has told you a long time ago. These little things greatly impact the quality of a relationship. But remember, it takes two people to make a relationship work. Let's hear what TEENS have to say about healthy relationships...



What Makes a Relationship HEALTHY?

- 1) *Respect and trust*
- 2) *Stability*
- 3) *Compatibility*
- 4) *Having things in common*
- 5) *Caring for each other & affection*
- 6) *Making each other happy*
- 7) *Being honest about feelings and talking freely with each other*

What Makes a Relationship UNHEALTHY?

- 1) *Fighting or verbal abuse*
- 2) *"On and off again" relationships*
- 3) *Co-dependency*
- 4) *Awkwardness*
- 5) *Cheating*
- 6) *Lying to each other*
- 7) *Feeling unhappy*

By Jenny Cheng, age 14 (top); Shirley Cheng, age 12 (middle); and Jessica Seto, age 12 (bottom)

Trust, a Personal Story

By Jimmy Kong, age 17



Trust is an essential part of a relationship. You can start building trust by being honest and open with your partner and having the confidence that your partner will do the same.

From my personal experience, it took awhile for me to trust my girlfriend. Sometimes, I would feel uneasy when she would hang out with other guys. I became concerned that she might be cheating on me. However, once we sat down and talked about it, I realized that my suspicions were unjustified. Our open communication helped us develop a stronger trust, which has been a great blessing. Now, I know my girlfriend would not intentionally hurt me.

Looking back, I realize that my relationship could never be where it is now without trust. My advice to anyone is this: trusting your partner requires time. Therefore, you should not get frustrated if things do not go as planned from the very start. Eventually, you will find that being patient will pay off and you will be able to establish a foundation of trust. This foundation will help build a healthier relationship—and I can honestly say it feels like magic!

Relationship's Abyss

By Hubert Wu, age 17



*As we look back at the past of our lives
We begin to think about all those meaningless fights
If only we had spoken through our hearts
And told each other of our inner thoughts
Maybe our relationship would have gone for the best
And placed our never ending turmoil at rest*

*All the tears we shed at night
Arguing over who was right
Never really understanding each other
Ending our long endured relationship as lovers
Placing my fingers on your face
While looking at your picture
It slips; it falls, crashing in the cold abyss down under
Crying, how we should have opened up more to each other*

What do you value in a relationship?

Quote taken by Xiao Rui Lin, age 16



“Being comfortable with a person at any time of the day, acknowledging beauty in his/her faults.”

- Mary Cheung, La Guardia High School

Building Skills to Improve a Relationship

By Arooba Alam, Teen Health Educator

Whether you are single or are dating someone, the skills to build a healthy relationship are essential in any teenager's life. To have a healthy and happy relationship, you need crucial skills such as listening, sharing thoughts and feelings, respecting yourself and others, and setting boundaries. These skills are derived from various areas. Some may be innate while others are learned from past experience. Whatever the origin may be, these skills lead to one common goal—a healthier bond between two people. Find out what skills you may be lacking—whether they are skills regarding communication, trust, or respect - and use them to improve your current or future relationships. A relationship takes time, energy and most importantly, determination for it to develop into a strong connection between two people. Establishing a mutual desire between you and your partner to improve your relationship is the biggest hurdle—but once it is achieved, the rest will follow!

Check out our website at : <http://www.cbwchc.org/project/teenresourcecenter/teenresourcecenter.html>

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