

Defining Healthy Teen Relationships

Teen relationships tend to look very different than adult relationships. This is because of where students are, developmentally. As educators, we have all seen student relationships that seem ideal and others that appear to be a mess, but knowing the characteristics of a healthy teen relationships can help inform conversations with teens about their current relationships, and potential future relationships.

A healthy relationship is a relationship based on love, mutual respect, and equity. Components of a healthy relationship include communication, healthy boundaries, and the desire to grow and work on the relationship. Unlike abusive relationships, healthy relationships are based on SHARED POWER, as opposed to one partner exerting power and control over the other.

When talking to teens about healthy relationships, a great conversation starter is the [Teen Equality Wheel](#).

The Teen Equality wheel includes the following attributes:

- Negotiation and fairness
- Non-Threatening behavior
- Respect
- Trust and support
- Honesty and accountability
- Self confidence and personal growth
- Shared power
- Communication

While a healthy teen relationship may not have all of the qualities of the teen equality wheel, each partner will likely be working toward developing these qualities within the relationship.