



GREEN FLAGS

FOR A HEALTHY RELATIONSHIP

We often focus on the negative aspects or "red flags" in relationships instead of GREEN flags to cultivate healthy, consensual and safe relationships. Emphasizing your wants and needs brings you one step closer to making a healthy relationship a reality. This outlook allows each person in the relationship to grow as individuals, as well as together.

-  You Feel Like Yourself Around Each Other
-  You Support Each Other Without Judgement
-  You Respect Each Other's Boundaries, Autonomy and Privacy
-  You Both Have Fun and Exercise Moderation and Discernment
-  You Each Take Accountability For Your Actions
-  You Each Communicate Respectfully, Especially During Conflicts
-  You Take Time for Each Other and Gestures are Reciprocal
-  You Have a Support System That Doesn't Involve Only Each Other