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## fascinating facts

# Healthy Relationships and Independent Living

Throughout your life, you will have many relationships. Discover how to build healthy relationships, both in-person and through social media, with these tips.

## 1 Characteristics of healthy relationships

All healthy relationships have these 5 characteristics: mutual respect, honesty, compromise, good communication, and conflict resolution.

## 2 Honesty and respect

You should be able to be truthful with your friends and expect that they will respect your thoughts, even when they may disagree.

## 3 Meeting new people

The best way to begin new relationships is by meeting new people with similar interests. This could happen at work, in a volunteer role, at a campus or community club, or through other activities that you enjoy participating in.

## 4 Quality matters

Not everyone you meet will become a friend, and that is okay because friendship is about quality not quantity.

## 5 Listening

When you are developing new relationships remember to focus on others, not just yourself. Take the time to listen carefully to show you care.

## 6 Challenges of social media

There are many challenges to building and maintaining healthy relationships using social media. Be aware of cyberbullying, exposure to inappropriate content, invasion of privacy, and confusion between followers and friends.

## 7 Security features of social media

To enjoy the benefits of social media and stay safe, you should know the security features and use them to make your profile private. Also, be aware of what you share, only accept requests from people you know, and learn to block followers if needed.

## 8 Take care with what you share

Remember that social media is not private. Anything you post can be searched, copied, and shared. A great rule to follow is don't post anything that you wouldn't share with your parents, teachers, and employers.

## 9 Learn more!

You can learn more about healthy relationships in our free, self-paced course, [Get Ready for Independent Living](#).