

ROMANTIC RELATIONSHIPS

Are there any rules in a relationship?

KEY WORDS

communication | trust | disagreements | consent, sexting



So, you've entered the world of dating, and you're probably wondering, is there a secret manual for this stuff? Well, there's no one-size-fits-all rulebook for relationships, but there are definitely some things to keep in mind as you navigate this exciting and sometimes tricky terrain.

Let's discuss **communication**. It's something like a key that opens all relationship doors. If an issue is bothering you, don't let it fester like leftovers in the back of the fridge. Never assume your partner can read your mind – that superpower hasn't been discovered yet!

Now, onto **trust**. Trust can be seen as the foundation of your relationship house. Build trust up together, but don't rush it! Trust has to be earned.



Another important building block in a relationship is **space** – give each other room to breathe. Being head over heels in love doesn't mean being joined at the hip 24/7. So, nurture your interests and hang out with friends away from your relationship.

News flash: all relationships have disagreements. Approach disagreements by **fighting fair**. No low blows, no name-calling, and no digging up the past. It's not about winning; it's about finding common ground, so listen and be open to compromise.

Don't forget that relationships should be **fun**! Plan exciting dates, explore new things, and make memories.

Now, let's toss in some **dating safety** wisdom. Keep a parents or trusted adult in the loop – dating is a responsibility, not a right! Communicate about your plans, who you're hanging out with, and where you're going. Their involvement is a safety net and a sign of trust.



Similarly, there's no shame in asking to meet up in a **group date** when you're first getting to know each other. Group dates provide safety in numbers and ease the pressure of one-on-one situations. Try it out by meeting in public places.

Keep safe by discussing **consent!** It will prevent misunderstandings and ensure both of you are on the same page. And steer clear of sexting if you're still underage and in a new relationship. It's not just about legality but avoiding potential regrets and complications.

Consider these some best practices, but ultimately, there's no playbook. Lead with open communication, trust, space, healthy conflicts, and adult guidance, and you'll be well on your way to relationship success. Good luck on your journey!



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