

CHECKLIST

Committed Relationship

In this relationship I am able to...

- Express my emotions and feelings openly and honestly.
- Spend time together with each other's friends.
- Share equally in the decision making process.
- Talk about roles and expectations for your relationship.
- Talk about each other's goals and dreams.
- Talk about having children someday.
- Talk about if and when you engage in sexual activity.
- Express my sexual boundaries/limits.
- Discuss what it means to be in a healthy relationship.
- Discuss what birth control methods you are using.
- Check in with each other after your STI /HIV testing.
- Share similar views on the things that are important to you.
- Laugh and enjoy each other's company.
- Listen to each other and express your feelings.
- Have balanced hobbies/activities. (Artistic, creative, sports, music, reading, etc.)
- Appreciate each other?

RESOURCES

iowapha.org

loveisrespect.org

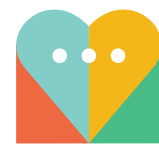
myiacondoms.org

cdc.gov/std/saw/talktesttreat

yourlifeiowa.org

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pcaiowa.org



Community
Adolescent
Pregnancy
Prevention