

# Healthy, equal relationships

## Tips for Girls

**You're worth it!** Feel good about who you are.

**Expect respect.** Everyone deserves respect.

**GIRLFRIEND.** Someone who likes you should treat you like a real friend.

**Express your thoughts and feelings.** You should be listened to and taken seriously.

**Relationships have ups and downs, but ...** things can be worked out without abuse.

**Do your thing.** You need your own space and interests.

**Be aware.** If you feel uncomfortable, get help or leave.

**Danger zone!** Know the warning signs of abuse.

**Girls aren't always** treated equally, but you should be.

**Get the word out.** Discuss healthy, equal relationships with friends and family. Make a difference!

**Play RePlay at**  
**[www.metrac.org](http://www.metrac.org)**

