



## REPRODUCTIVE & FAMILY HEALTH ASSOCIATION OF FIJI (RFHAF)

# RELATIONSHIP MESSAGES

1. Every young person has the right to relationships.
2. Healthy relationships are built on respect, equality and mutual consent.
3. Relationships are diverse. There are many different types of relationships (family, friends, sexual, romantic, long-term, short-term, gay, straight etc.).
4. Relationships are more positive if there is trust, honesty and respect.
5. It's not wrong to say 'yes'; it's not wrong to say 'no'. The important thing is that you don't feel forced.
6. Love and sex are not the same thing.
7. Using condoms or other contraceptives does not mean you are unfaithful.
8. Relationships should bring mutual happiness and fulfilment.
9. Relationships should allow you to express yourself freely.
10. Relationships are a choice – no one should ever be forced into a relationship against their will.
11. Nobody owns another person.
12. Parental relationships are about support and helping young people become autonomous.





