

STAR'S GUIDE TO:



STARTING A RELATIONSHIP!

Check In With Yourself

01

Before jumping in, ask yourself: Do I actually want a relationship? Do I like who I am even when I'm single? Healthy relationships start with people who feel secure, not people looking to be "fixed". If something feels off, trust your gut—relationships shouldn't be confusing or scary.



Boundaries = Basics



Talking about boundaries protects both people's safety and comfort. Share what you're each okay with, emotionally, physically, digitally, and check in as things grow. A healthy relationship means both partners listen and respect each other's limits.

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No Rush, No Pressure

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A healthy relationship doesn't rush, pressure, guilt-trip, or convince you to change your mind. You don't owe anyone physical or emotional access, even if you're dating. Real consent means saying yes because you want to. You always have the right to slow things down or say no.



Stay True to YOU



Being in a relationship is great, but it shouldn't mean giving up your individuality. Don't forget to make time for hanging with friends, pursuing your own hobbies, or working towards your own goals. A healthy relationship supports you in keeping your life balanced.

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Make the Most of It

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Enjoy the connection you're building! Being in a relationship should feel fun, safe, and supportive. But it's still important to check in with yourself and your partner. What matters most is staying honest and knowing when it's right to stay or walk away.



STAR'S GUIDE TO:



BREAKING UP!

Check In With Yourself

01

Before breaking up, ask yourself why you're feeling this way. Are your needs being met? Do you feel safe, respected, and supported? It's okay to outgrow a relationship—even if nothing “bad” happened. Writing things down or talking to a trusted adult can help you feel clear and grounded.



Don't Go Ghost



If it's safe, have the conversation in person. Avoid ghosting or breaking up over text, unless you feel unsafe. Ghosting can leave the other person confused and hurt. Saying it face-to-face is harder, but it shows care and respect.

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Timing Is Everything

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Picking the right time and place is key to having a respectful, compassionate breakup. Choose somewhere private and calm. If you think things might get heated or unsafe, do it in a public space or have someone nearby for support.



Be Honest, Not Harsh



Honesty is key, but avoid being harsh. Share your feelings using “I” statements without blaming. You don't have to list everything that went wrong—just be real and kind. Listen to and validate their feelings, but also set boundaries if they try to plead, bargain, or guilt trip you.

04

Heal At Your Own Pace

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It's okay to feel a mix of emotions after a breakup. Talk to someone you trust, spend time with people who care about you, and focus on things that help you feel better, like self-care or hobbies. Don't rush the healing process!

