

# *I Know...*

*...how to get over a breakup.*

*...eleven signs of an unhealthy relationship.*

*...when to walk away from a conflict.*

*...ten ways to make new friends.*

**...how to  
have healthy  
relationships!**

*I Know because of...*

**girlshealth.gov**  
Be Healthy. Be Happy. Be You. Beautiful.



U.S. Department of Health and Human Services,  
Office on Women's Health

