Modern relationships no longer rely on roles cast by culture. Couples create their own roles so that virtually every act requires negotiation. Because people's needs are fluid and changeover time and life's demands change too, good relationships are negotiated all the time.

Work hard at maintaining closeness. In its absence, people drift apart and are suspected of affairs. A good relationship isn't an end goal; it is a lifelong process maintained through regular attention.

Never underestimate the power of good grooming.

Apologize. Everyone makes mistakes. Attempts to repair relationships are crucial and highly predictive of healthy relationships. They can be funny and sarcastic but the willingness to make up after an argument is central to every healthy relationship.

Never go to sleep angry. Try a little tenderness.

Maintain self-respect and self-esteem. It's easier for someone to like you and to be around you when you like yourself.

Enrich your relationship by bringing in new interests from outside the relationship. The more passion in life that you have and share, the richer your relationship will be.

Sharing the responsibilities is very important in healthy relationships. A relationship works only when there are two-way streets with a great deal of give and take.

Relationships have ups and downs and don't ride at a continuous high all the time. No relationship is perfect all the time.

LeGaBiBo
Stands for Lesbians, Gays, Bisexuals of Botswana

History
LeGaBiBo was formed by a group of Gays and Lesbians of Botswana in the late 1990s under Ditshwanelo. Due to lack of resources, it slowly drifted into failure to function.

In mid-2004, some concerned members of LegaBiBo grouped themselves with the help, support, and assistance of BONELA.

Why LeGaBiBo was formed
To advocate for the establishment of a legal framework to reach those in society that are legally and socially marginalized, such as Lesbians, gay, bisexual, transgender, and intersexed.
Remember: all relationships have ups and downs and don’t ride at a continuous high all the time.

Make a good sense out of a bad relationship by:
• Examine it as a reflection of your belief about yourself. Don’t just run away from a bad relationship because you may repeat it with the next partner.
• Use it as a mirror to look at yourself and understand what part of you is creating this relationship, you should change yourself before you change your relationship.
• Understand that love is not an absolute, it’s not a limited commodity that you are in or out of.

RELATIONSHIPS AND PROTECTION
A healthy relationship is one where:
• Safe sex is practiced. The safest sex to have is to have no sex at all.
• Always use barriers. For same-sex couples, the following should always be used as barriers:
  • Male condoms which are given free at local clinics.
  • Gloves
  • Lubricant gel
  • Saran wrap
  • Dental dam.

Using protection is not only protecting yourself but also protecting your partner against HIV/AIDS & other related diseases. Sex is easy, intimacy is difficult. It requires honesty, openness, self-disclosure, confiding, concern, fears, sadness as well as hopes and dreams.

ROLES IN SAME SEX RELATIONSHIPS
When thinking about same-sex couples, many people wonder which of the partners plays the roles of the man. The assumption is that the same dynamics prevail in same-sex couples as in heterosexual ones. In fact, there is no division of sexual roles in same-sex couples; on the contrary, domestic tasks are shared in accordance with the individual’s aptitudes and inclinations. Most of these couples’ roles and tasks are shared equally by the two partners, each of whom in many instances is economically independent.

WHY DO PEOPLE LIE IN A RELATIONSHIP
• To get attention
• To make the partner jealous
• Fear of rejection by their partners
• Fear of not living to their expectations
• Fear of hurting their partners
• To keep peace and avoid confrontation
• To get out of trouble

RULES OF HEALTHY RELATIONSHIPS
As human beings, we need to love and to be loved, yet many have trouble doing so. Below are basic rules of healthy relationships but it is not an exhaustive list.

Don’t confuse sex with love. Especially in the beginning of a relationship, take it step by step. Most relationships break up because attraction and pleasure in sex are often mistaken for love.

Pillow talk is better. Sex is easy and intimacy is difficult. Talking requires honesty, openness, self-disclosure, confiding, concern, fears, sadness as well as dreams.

Learn to listen and speak up for your needs. A relationship is not a guessing game. Most people fear stating their needs and camouflage them instead. Your partner is not a mind reader, so to avoid disappointment, one has to be honest and open up.

Ask for clarification and do not be judgmental. If you don’t understand or like something your partner is doing, ask about it and why he/she is doing it. Talk and explore, don’t assume. Solve problems they arise. Don’t let resentments simmer. Most of what goes wrong in relationships be traced to hurt feelings which lead partners to erect defenses against one another and to become strangers and enemies instead of friends.

WHAT MAKES A HEALTHY RELATIONSHIP
• Good communication
• Respect
• Trust
• Acceptance

Knowing yourself and understand your self. Choosing a partner we are attracted to people for various kinds of reasons, therefore choose your partner wisely.
• A partner makes us feel attractive, secure, happy and desirable.
• It might be that they remind you of someone from the past or shower you with gifts and make you feel important.

CHOOSING A PARTNER
We are attracted to people for various kinds of reasons, therefore choose your partner wisely.
• You can choose a partner because they remind you of someone from your past.
• They shower us with gifts and make us feel important.
• They make us feel attractive, secure, happy and desirable.

Evaluate a potential partner as you would a friend.
• A partnership means you are both equal; you can talk to each other freely, laugh with one another without feelings of insecurity and worthlessness.
• Make sure that there are no power struggles and imbalances in your partnership/relationship.

In evaluating a potential partner, you should look at the character, personality, values their generosity of the relationship the words and action and their relationship with others. A good relationship isn’t an end goal, it’s a lifelong process maintain through regular attention.

STAY HEALTHY
No relationship is perfect all the time, working together through the rough times/hard times will make the relationship stronger.