



KNOW THE SIGNS OF A HEALTHY RELATIONSHIP!

COMMON CHARACTERISTICS OF A HEALTHY RELATIONSHIP INCLUDE:

- **Mutual respect** — you treat your partner as an equal and value their time and interests.
- **Good communication** — you “free your feels” openly, you’re a good listener, and you can have healthy disagreements. In disagreements, both partners avoid disrespectful language, belittling, insults, and shaming.
- **Healthy boundaries** – Boundaries help define what you are comfortable with & how you would like to be treated by others. They help you honor your needs, goals, feelings, & values. Boundaries can be emotional, physical, or even digital.

source: loveisrespect.org

HEALTHY

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

UNHEALTHY

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically/financially

ABUSIVE

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

INDICATIONS OR WARNING SIGNS OF ABUSE FROM YOUR PARTNER INCLUDE:

- ⊗ Checking your phone, email, or social media accounts without your permission.
- ⊗ Any form of physical harm.
- ⊗ Putting you down frequently, especially in front of others.
- ⊗ Pressuring you or forcing you to have sex.
- ⊗ Explosive outbursts, temper, or mood swings.
- ⊗ Extreme jealousy or insecurity.
- ⊗ Isolating you from friends or family (physically, financially, or emotionally).
- ⊗ Possessiveness or controlling behavior.

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Remember that you are not to blame for any type of relationship abuse or violence. If you do not feel safe, or if you begin to identify any warning signs of an abusive relationship, take immediate action to ensure your safety. Reach out for help anonymously or to those you trust.

Teens can anonymously discuss their situation with a dating violence expert at the National Teen Dating Violence Hotline in several ways:



CALL: 1-866-331-9474



TEXT: "LOVEIS" TO 22522



CHAT: ONLINE AT LOVEISRESPECT.ORG

**FOR URGENT SUPPORT
CALL OR TEXT 988.**