

HEALTHY RELATIONSHIPS

What does a healthy relationship look like?

Have Fun	Common Interests	Feel Safe
Support Each Other	Trust	Responsible
Apologize	Encourage Partner's Success	Acceptance
Love	Respect	Equal Decision Making
No Peer Pressure	Communication	Listen
Honest	Solve Conflicts	Faithful

What does an unhealthy relationship look like?

Emotional Abuse is a way of hurting someone without necessarily being physical. It's when one person in a relationship tries to control the other person's feelings or thoughts in order to gain power or control over them. Sometimes a simple gesture or look can be controlling in a hurtful relationship. Examples include:

Put downs	Name calling	Frequently yelling at someone
Threatening	Cheats on you	Withholds affection from you
Lying	Teasing someone	Controlling all the decisions
Criticizing	Playing mind games	Making fun of someone's beliefs
Pressuring	Extremely Jealous	Blames you for their own behavior
Embarrassing or humiliating you in front of other friends		
Threatens to commit suicide if you break up with them		

Physical Abuse is any behavior meant to cause hurt to another person's body or property. People can control using physical strength, intimidation, or a weapon.

Punching, slapping or grabbing	Stalking
Abusive to pets	Blocking someone's path
Throwing objects at someone	Smashes, throws or destroys things
Possessive	Pushing or shoving
Abandoning someone in an unsafe place	
Pressuring you into dangerous behavior including drugs or alcohol use	

Sexual Abuse is any unwanted touching on the private parts of your body. This includes Sexual Harassment, verbal, nonverbal, physical and written material of a sexual nature that makes you feel uncomfortable and offended.

- Calling you sexual names or making sexual comments about your body.
- Spreading rumors of a sexual nature about you or others.
- Making offensive sexual gestures at you.
- Unwanted grabbing of the private parts of your body.
- Name calling and put downs based on someone's gender or sexual orientation.