

Signs of a healthy relationship



In a healthy relationship people...



- Treat their partner with respect and fairness
- Support and encourage each other
- Treat each other as equals

In a healthy relationship people...

- Are honest
- Earn their partner's trust
- Have shared interests
- Also have separate interests and identities



In a healthy relationship people...



- Try hard to have honest and clear communication
- Enjoy being with each other
- Never hurt their partner physically or sexually

Warning Signs of an Abusive Relationship



Warning signs of an abusive relationship

- One person throws or breaks things during an argument
- One person tries to control what the other person does, who they see or what they wear
- One person is often jealous



Warning signs of an abusive relationship

- One person hurts the other person physically or sexually
- One person puts the other person down, calls them names or humiliates them



Warning signs of an abusive relationship

“Crazy-making” behavior – this is when one person lies or changes their story, or denies or minimizes the other person’s experience



How to get help

- Love is Respect, the National Teen Dating Abuse Hotline is a 24 hour resource designed for teens and young adults. Call them at **1-866-331-9474** or online at **loveisrespect.org**
- You can also talk to a teacher, counselor, school nurse, or someone in the Teen Health Center.

