

# Healthy Relationships

## BOUNDARIES

Your partner doesn't force you to do anything that you are uncomfortable with

Your partner respects the time you spend with family and friends

You and your partner make decisions together

## SUPPORT

You and your partner have fun together

Your partner is happy when something goes right for you and wants you to succeed

Your partner supports you through good and bad days

Your partner gives you compliments without any strings attached

BOUNDARIES

TRUST

SAFE & EQUAL

SUPPORT

COMMUNICATION

## TRUST

Your partner keeps their promises

You and your partner are both open and honest

You feel safe sharing secrets with your partner

You feel comfortable being yourself around your partner

## COMMUNICATION

Your partner lets you know when they are feeling down

You feel safe and comfortable sharing your feelings with your partner

You and your partner have equal say

You and your partner speak kindly to each other even when you disagree

# Types of Abuse

## SEXUAL ABUSE

Your partner pressures, manipulates, or forces you to have sex or perform sexual acts

Your partner refuses to practice safe sex

Your partner demands that you send explicit pictures of yourself or sends you unwanted explicit photos/videos

## DIGITAL ABUSE

Your partner constantly texts you or makes or feel like you can't be separated from your phone

Your partner demands to know your passwords and always looks through your phone

Your partner threatens to expose you online if you break up with them



## PHYSICAL ABUSE

Your partner slaps and hits you

Your partner throws things when they get upset

Your partner may be violent towards others or hurts animals

Your partner controls who you can hang out with and limits your contact with your friends and family

## EMOTIONAL ABUSE

Your partner constantly criticizes you

Your partner blames you for all their faults and problems or puts you on guilt trips

Your partner is possessive and extremely jealous

Your partner threatens to out you