

# Healthy vs. Unhealthy RELATIONSHIPS

What does a **healthy relationship** look like?

Healthy relationships are built on **7** key components:



**SAFETY**

**COMMUNICATION**

**HONESTY**

**TRUTH**

**EQUALITY**

**BOUNDARIES**

**RESPECT**

**Respect means...**

- Listening to each other's opinions
- Taking the other person's feelings into consideration
- Talking about their problems or disagreements
- Respecting their friends and family
- Listening to the other person's point of view
- Respecting each other's boundaries

# Healthy vs. Unhealthy RELATIONSHIPS

## What does an **unhealthy relationship** look like?

Unhealthy relationships often include the following:

One person doesn't care about the other's feelings or opinions

They don't spend any quality time together

They don't communicate



## What does an **abusive relationship** look like?

Abusive relationships often include the following:

One person has power over the other person

One person puts down or calls their partner names

There is guilt, shaming, threatening, and/or intimidating

There is physical violence

There is force or pressure leading to sexual activity

If you are in an abusive relationship, **help is available.**

Scan the QR code here:

