



UNHEALTHY RELATIONSHIP SIGNS

- Dishonesty
 - Partner uses seduction to deceive and “woo” someone into a relationship
 - Partner creates emotional ties, but does not share a great deal of personal information about themselves
- Control
 - Partner thrives on possessiveness, jealousy, or control over their partner
 - Partner tries to distance their partner from family, friends, and community
- Hostility/Physical Violence
 - Partner is physically aggressive privately and/or publicly (grabbing, pushing, hitting, slapping)
- Disrespect
 - Makes fun of opinions and interests, destroys personal items
- Dependence
 - Partner limits or removes access to the other's personal bank accounts or documents (driver's license, ID card, birth certificate, passport, or visa)
- Intimidation
 - Makes you feel fearful/timid
- Sexual Violence
 - Partner requires the other partner to do things they are uncomfortable with (forceful acts, videotaping sexual activity/nudity)
 - posting pictures for money, engaging in sex acts with his/her friends/ strangers

HEALTHY RELATIONSHIP SIGNS

- Communication
 - Partner respects open and honest conversations
 - Partner shares personal information
- Connection
 - Partners trust each other and allow each to have other relationships with family and friends
 - Partners share mutual friendships
- Mutual Respect
 - Partners establish consent boundaries
 - Partners can express openly about their emotional and physical needs
- Individuality
 - Partner gives their partner space to have their own opinions and interests
 - Partners feel heard and that their voice matters
- Supports Each Other
 - Partners use respectful language and supportive
- Anger Control/Fighting Fair
 - Partners work through disagreements by listening without violence
- Being a Role Model
 - Inspire others to behave positively
- Self Confidence
 - allow others to express their opinions without forcing their own opinions on them.
- Understanding
 - Taking the time to recognize how the other person may be feeling.