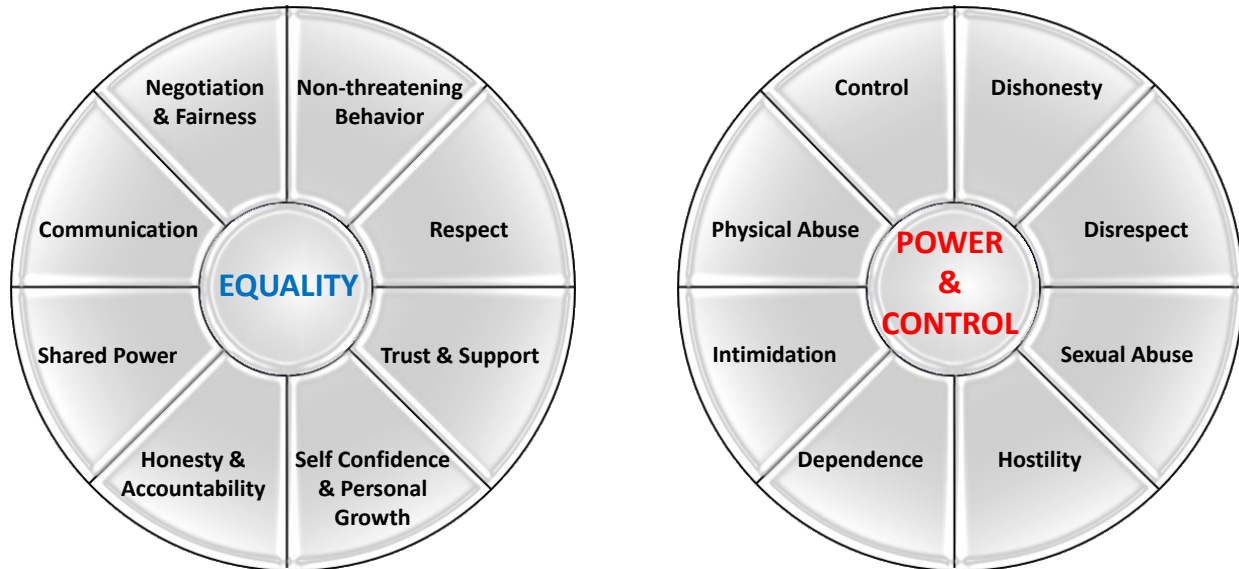


Healthy Relationships Guidelines



Healthy Behaviors

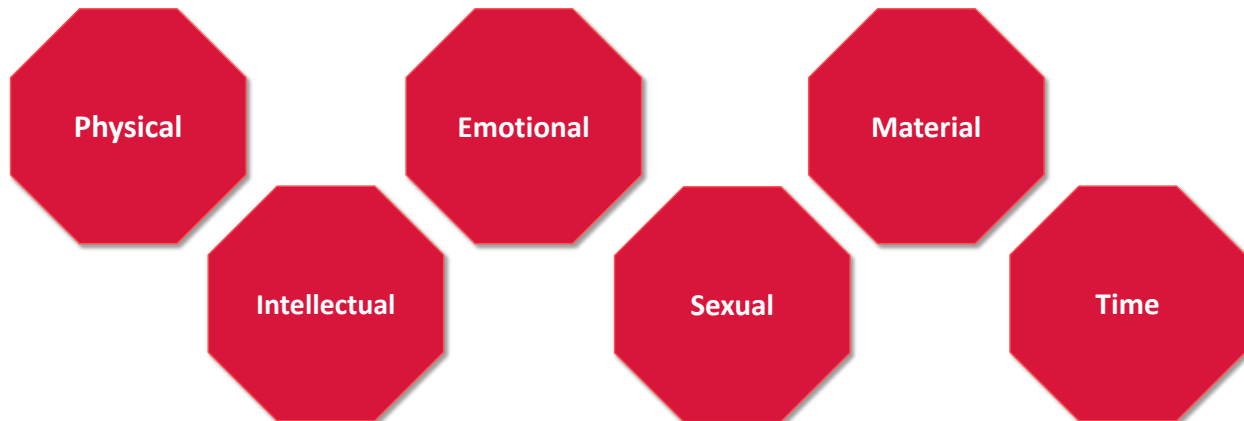
- ✓ Shared decision making including fair and equal roles that each partner is comfortable filling
- ✓ Honest communication about thoughts, feelings, dreams, fears and concerns
- ✓ Everyone feels physically safe and respects each other's space
- ✓ Sense of comfort with each other
- ✓ Willingness to say sorry when needed
- ✓ Able to be yourself
- ✓ Nobody feels fully dependent on the other partner (or demands dependence)
- ✓ Humor – laughter and having fun is crucial for a healthy relationship

Unhealthy Behaviors

- ✗ One partner controls the other (clothing, time, socializing, activities)
- ✗ Lies or dishonesty, stealing
- ✗ Control through intimidation including keeping someone from seeing friends & family
- ✗ Manipulative behaviors such as threatening a break up
- ✗ Sexual abuse through force or pressure to engage in activity that the other isn't comfortable doing
- ✗ One party depends on the other, "can't live without" them
- ✗ Hostile behavior where one partner is focused on not upsetting the other for fear of fallout
- ✗ Excusing away bad behavior

Healthy Relationships Guidelines

Think about how you set boundaries that make YOU comfortable in these areas:



Resources for more info:

<https://www.youtube.com/watch?v=4JYyHa03x-U> – video we viewed from JoinOneLove.org – subscribe to their YouTube channel for more content

Abuse:

www.LovelsRespect.org

www.JoinOneLove.org

www.RAINN.org 800-656-HOPE

Trafficking:

<https://www.dhs.gov/blue-campaign>

<https://www.safehorizon.org/>