

Healthy Relationship Guide



Healthy

Healthy behaviors help partners feel respected, safe, and equal.

Respecting partner's space and privacy

Spending time with others

Feeling comfortable saying no

Compromising when there is disagreement

Asking permission before touch

Feeling comfortable expressing yourself

Listening to and growing from feedback

Having fun together and enjoying each other's company



Abusive

Abusive behaviors are used to gain and maintain power and control over another person.

Physical

Ex. hitting, kicking, pinching, grabbing, punching, shoving, hair pulling, etc.

Verbal/Emotional/Psychological

Ex. name calling, blaming, isolating, dismissing emotions, threatening, etc.

Sexual

Ex. non-consensual touching, pressuring sexual activity, etc.

Technological

Ex. unwanted texting, harmful social media usage, demanding passwords, etc.

Stalking

Ex. tracking location, following, monitoring social media, etc.

Financial

Ex. bribing, stealing, disrupting employment or education, etc.

Identity

Ex. outing sexuality, insulting race, gender, sexuality, etc.

Spiritual

Ex. mocking religious beliefs, forcing beliefs on others, etc.