

What is Healthy In a Relationship?

Healthy Relationships

- ♥ Healthy relationships are based on equality and respect.
- ♥ Partners are true equals.
- ♥ You trust and support each other.
- ♥ You enjoy being together, but can do things on your own.

Unhealthy Relationships

- ♥ Unhealthy relationships are based on attempts to control the other person.
- ♥ One person attempts to make all the decisions.
- ♥ They may pressure you into doing things you don't want to do.
- ♥ They may be jealous when you spend time with others.

Abusive Relationships

- ♥ Abusive relationships are based on an imbalance of power and control.
- ♥ One person makes all the decisions.
- ♥ You feel like you can't time with anyone else.
- ♥ Your partner calls you names, puts you down or threatens you.

Relationship Rights

- ♥ You have the right to privacy, both online and off
- ♥ You have the right to feel safe and respected
- ♥ You have the right to decide who you want to date or not date
- ♥ You have the right to choose when/ if you have sex and who you have sex with
- ♥ You have the right to say no at any time (to sex, to drugs or alcohol) even if you've said yes before
- ♥ You have the right to hang out with your friends and family, and do things you enjoy, without your partner getting jealous or controlling
- ♥ You have the right to end a relationship that isn't right or healthy for you
- ♥ You have the right to live free from violence and abuse



Domestic Violence Services 

Counseling & Service Coordination: 979-775-2255
24/7 Emergency Hotline: 979-775-5355



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MISSION