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