

# HEALTHY VS. UNHEALTHY RELATIONSHIPS

You can help prevent abuse by getting to know the signs of healthy and unhealthy relationships.

## HEALTHY RELATIONSHIPS HAVE:

- **Mutual Respect**- You value each other's opinions and respect boundaries.
- **Trust** - You give each other the benefit of the doubt.
- **Compromise** - You can have differing opinions and find solutions that work for both of you.
- **Individuality** - You have your own separate lives and interests apart from one another.
- **Good Communication** - You express what you're feeling openly and honestly.
- **Anger Control** - You can express your feelings without causing harm to the other.
- **Healthy Sexual Relationship** - You discuss what you want your sexual relationship to look like. You respect the other when they aren't comfortable or want to stop.

## UNHEALTHY RELATIONSHIPS HAVE:

- **Disrespect** - You make fun of each other's opinions or put each other down.
- **Dishonesty** - You hide things from each other.
- **Control** - You or your partner try to control what the other does, says, wears, etc.
- **Dependence** - You rely on each other for things you can't realistically provide.
- **Intimidation & Coercion** - You guilt or threaten the other to get what you want.
- **Physical & Verbal Violence** - You use force, like words or physical violence, to get your way.
- **Sexual Violence** - You force or coerce the other into engaging in sexual activities the other has not agreed to willingly.

## WE'RE HERE FOR YOU.

Do you have questions about unhealthy relationships or how to support a friend or loved one? Cleveland Rape Crisis Center's Crisis & Support Hotline is here for you 24/7. Call or text 216-619-6192 or 440-423-2020 for support.