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.