

HEALTHY LOVE

BECAUSE WE ALL
DESERVE HEALTHY
RELATIONSHIPS

HEALTHY VS UNHEALTHY BEHAVIORS

HEALTHY

Pointing out your accomplishments and positive qualities

UNHEALTHY

Constantly putting you down

HEALTHY

Making you feel safe and respected, even in times of disagreement or anger

UNHEALTHY

Physically hurting or threatening to hurt you

HEALTHY

Wanting to spend time with you, but also encouraging you spend time with others you care about

UNHEALTHY

Isolating you from family and friends

HEALTHY

Respecting your privacy and boundaries around technology

UNHEALTHY

Checking your cell phone or demanding passwords in order to monitor your online accounts

HEALTHY

Trusting you and managing feelings of jealousy respectfully

UNHEALTHY

Constantly accusing you of being unfaithful

HEALTHY

Respecting your values and figuring out how to support them

UNHEALTHY

Forcing you to compromise on your values

HEALTHY

Communicating with you about your sexual activity and always having your consent

UNHEALTHY

Forcing or coercing you into any sexual activity you don't want

Anyone can display unhealthy or healthy behaviors. Gender does not dictate healthy or safe actions in a relationship.
