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
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

HEALTHY
Trusting you and managing feelings of jealousy respectfully

UNHEALTHY
Constantly accusing you of being unfaithful

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

YWCA Pierce County
24 Hour Domestic Violence Hotline 253.383.2593
ywcapiercecounty.org