

Behaviors that are common in unhealthy (or abusive) relationships

- Verbal put-downs/name-calling
- Dismissing your opinions or beliefs
- Possessive behaviors
- Threats
- Dictating what you should or shouldn't wear
- Isolating you from friends/family
- Logging into your social media accounts or looking through your phone or email
- Pressuring you to do something sexual
- Claiming that no one else could love you like they do/no one else would want you
- Physical violence



Factors that make up a healthy relationship

- Communication
 - a. You feel you can speak up, express yourself
 - b. You listen to each other and validate each other's feelings
 - c. You compromise
- Support
 - a. You allow each other to have separate identities
- Trust
- Respect
 - a. You respect each other's boundaries & right to privacy

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Credits



[Alina V Design and Resources](#)

-Thank you for the border!

[Workaholic NBCT](#)

-Thank you for the heart!