

Knowing the Signs

Healthy characteristics

1. Enjoy each other's company.
2. Spends time with you and time with their own friends and family.
3. Not trying to change/fix your partner.
4. Is a good friend.
5. Both decide how to spend time together.
6. You can both be honest about your feelings and talk about them freely.
7. Trust each other.
8. You usually feel happy in this relationship.
9. Respects abstinence as a choice.
10. Considerate of you and others when making decisions.
11. Shares many of the same interests.
12. Work out disagreements fairly.
13. Accepts that you may not always agree.
14. Neither partner feels forced to engage in any sexual contact that is outside his/her comfort zone or without consent.
15. Able to discuss sexual limits (e.g. holding hands, kissing, and sexual intercourse).
16. Is easy to talk to.

Unhealthy characteristics

1. Spends all their free time with you.
2. Becomes angry very easily.
3. Think you can make your partner's problems go away.
4. Worries that the relationship might end and will do anything to keep it going.
5. Believes jealousy is a sign of love.
6. Likes to embarrass you in front of others.
7. Threatens to hit or hurt you if you do not obey.
8. Posts inappropriate photos of you on social media (e.g. Facebook, Instagram)
9. Pressures you to do things you do not want to do.
10. Puts you down for the way you look/dress.
11. Wants to know where you are and who you are with at all times.
12. Puts your friends and/or family down.
13. Needs to constantly text you when you are not with them.
14. Decides how you spend your time together.
15. You usually feel unhappy in your relationship.
16. Never thinks you are right.

