

Knowing the Signs Statements

Enjoy each other's company.

Not trying to change/fix your partner.

Both decide how to spend time together.

Spends time with you and time with their own friends and family.

Is a good friend.

You can both be honest about your feelings and talk about them freely.



Knowing the Signs Statements

Trust each other.

Respects
abstinence as a
choice.

Shares many of
the same
interests.

You usually feel
happy in this
relationship.

Considerate of
you and others
when making
decisions.

Work out
disagreements
fairly.



Knowing the Signs Statements

Accepts that you may not always agree.

Able to discuss sexual limits (e.g. holding hands, kissing, and sexual intercourse).

Spends all their free time with you.

Neither partner feels forced to engage in any sexual contact that is outside his / her / their comfort zone or without consent.

Is easy to talk to.

Becomes angry very easily.



Knowing the Signs Statements

Think you can make your partner's problems go away.

Believes jealousy is a sign of love.

Threatens to hit or hurt you if you do not obey.

Worries that the relationship might end and will do anything to keep it going.

Likes to embarrass you in front of others.

Posts inappropriate photos/videos of you on social media (e.g. TikTok, Instagram)



Knowing the Signs Statements

Pressures you to do things you do not want to do.

Wants to know where you are and who you are with at all times.

Needs to constantly text you when you are not with them.

You usually feel unhappy in your relationship

Puts you down for the way you look/dress.

Puts your friends and/or family down.

Decides how you spend your time together.

Never thinks you are right.

