



Ella and Sayer are in a relationship. They celebrate each others accomplishments, spend time with their families and friends, together and individually, they trust each other and respect boundaries. When they disagree on something, they communicate and compromise on a solution that works for both of them.

This is Ella



Healthy





Unhealthy





Abusive









The behaviors exhibited in Sayer and Ella's relationships are examples of what makes a healthy relationship





This is Ella

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Most Importantly, Remember...



Anyone can be a survivor

Sexual abuse does not discriminate* based on gender, sexuality, race, religion, etc.

Next

*Members of oppressed communities may have a higher risk of sexual violence



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