Connected but Independent Open Communication Supportive Compromise Celebrate each other's accomplishments Allow each other to spend time with friends and families Trust No pressure

Little to no communication Lying Tries to take control Pressured into sexual activitu Ignoring Boundaries

Lack of Trust

LET'S TALK ABOUT RELATIONSHIPS







Unhealthy

Hurtful Communication Limits time with friends and friends Accuses partner of cheating or an affair Unsupportive Isolates partner Denies that abusive actions are abuse Forces or coerces other partner into sexual activity Ignores partner's boundaries and consent



Abusive





Red Flags

Sex as a reward

Unwilling to apologize

No effort put into the relationship Your friends and family don't like them

Lack of trust

They aren't proud of you

They try to change you

Uses guilt to get you to spend time with them

Next

LET'S TALK ABOUT RELATIONSHIPS





- Connected but Independent
- Open Communication
- Supportive
- Compromise
- Celebrate each other's accomplishments
- Allow each other to spend time with friends and families
- Trust
- No pressure

- Little to no communication
- Lying
- Tries to take control
- Pressured into sexual activity
- Ignoring Boundaries
- Lack of Trust



- Hurtful Communication
- Limits time with friends and friends
- Accuses partner of cheating or an affair
- Unsupportive
- Isolates partner
- Denies that abusive actions are abuse
- Forces or coerces other partner into sexual activity
- Ignores partner's boundaries and consent

