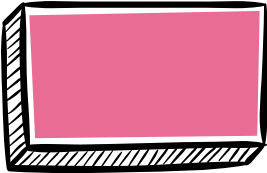
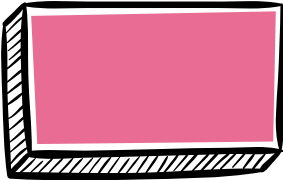


- Connected but Independent
- Open Communication
- Supportive
- Compromise
- Celebrate each other's accomplishments
- Allow each other to spend time with friends and families
- Trust
- No pressure

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

LET'S TALK ABOUT RELATIONS

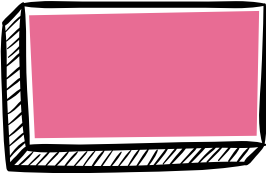




Heathy

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



next

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

*This is not an exhaustive list

LET'S TALK ABOUT RELATIONSHIPS

Healthy

- 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

Unhealthy

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

Abusive

- Hurtful Communication
- Limits time with friends and friends
- Accuses partner of cheating or an affair
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Next