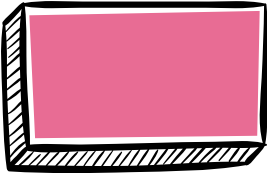


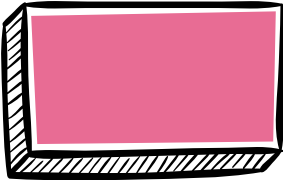


- Connected but Independent
- Open Communication
- Supportive
- Compromise
- Celebrate each other's accomplishments
- Allow each other to spend time with friends and families
- Trust
- No pressure

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

LET'S TALK ABOUT RELATIONSHIPS



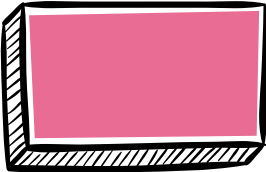


Heathy

Unhealthy

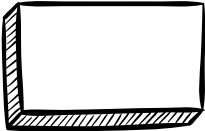


- Hurtful Communication
- Limits time with friends and friends
- Accuses partner of cheating or an affair
- Unsupportive
- Isolates partner
- Denies that abusive actions are abuse
- Forces or coerces other partner into sexual activity
- Ignores partner's boundaries and consent



**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
- Unsupportive
- Isolates partner
- Denies that abusive actions are abuse
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Next