We all have relationships, whether it’s our relationship with family, our friendships, work relationships, etc. It’s important for us to value ourselves and others in relationships, and to learn to identify the positives and negatives. Let’s take some time to identify green flags (healthy traits) and red flags (unhealthy traits) in a relationship. Then, include a few extra ways that you practice positive and healthy behaviors in your own experiences.

**ON THE ROAD TO Healthy Relationships**

- Avoiding insults
- Always neglecting yourself/putting others first
- Feeling pressured
- Apologizing & forgiving for mistakes
- Forced to share everything with the other person
- Controlling and criticizing how you behave
- Speaking honestly & openly
- Self-confidence & feeling comfortable
- Feeling worried when you disagree with the other person
- Respecting each other’s boundaries

**How I Practice Healthy Relationships:**

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Healthy Relationships

What is emotional abuse?
Doing or saying something as a means of hurting, without necessarily being physical. Trying to hurt other’s feelings as a means of controlling or gaining power. Also called mental, psychological, or verbal abuse.

What is economic or financial abuse?
Using economic or financial means to control another person’s activities or to undermine opportunities to become financially independent in order to make him or her dependent on the abuser.

What is physical abuse?
Any behavior meant to cause harm, to restrain, or to control ability to move or be free.

What is sexual abuse?
Any sexual behavior that uses physical force, coercion, or manipulation to make unwanted advances. Includes sexual harassment.

National Domestic Violence Hotline
A 24-hour confidential service which can be reached by both calling 1-800-799-7233 (SAFE) or going to the website and chatting with a volunteer via the chat function.

LovelsRespect
A national dating abuse and domestic violence helpline which specializes in engaging, educating and empowering young people to prevent and end abusive relationships. Trained Peer advocates can be reached by texting “Lovels” to 22522.

Friends and Family
Confide in someone, such as a parent, trusted adult, school counselor, health provider, or a friend. Let them support you, help you end the relationship, and stay safe.

Resources & Information