

## RELATIONSHIPS

# 101

**LOVE** **is** **RESPECT** **FUN**  
**TRUST** **HEALTHY**  
**SAFETY** **COMMUNICATION** **CONSENT**

MAKE GOOD DECISIONS  
+  
TRUST YOUR INSTINCTS  
+  
KNOW YOUR BOUNDARIES  
=  
HEALTHY & RESPECTFUL  
RELATIONSHIPS

### ABUSER...

SHOWS SOME/ALL OF THIS BEHAVIOR

- Insults partner in front of friends
- Acts really jealous if partner talks to others
- Checks in on partner constantly
- Makes decisions for their partner
- Blows disagreements out of proportion
- Threatens to break-up constantly
- Loses his/her temper verbally
- Breaks or hits things to intimidate partner
- Blames partner for their own problems
- Isolates partner from friends/family
- Abuses drugs/alcohol

### VICTIM...

SHOWS SOME/ALL OF THIS BEHAVIOR

- Constantly cancels plans for reasons that sound untrue
- Always worries about making partner angry
- Gives up things that are important to them like friends, sports, hobbies, etc.
- Shows signs of physical abuse, like bruises/cuts
- Gets pressured into having sex/feel like a sex object
- Has a partner who constantly checks in on them via phone/text/social media
- Worries about their weight/appearance
- Feels guilty/bad about something in the relationship
- Feels nervous/worried often without knowing why
- Abuses drugs/alcohol

### SOMEONE I KNOW MAY BE AT RISK...

## WHAT DO I DO?

- Try not to be alone with partner
- If you're going out, arrange another way of getting home rather than going with your partner
- Don't drink alcohol or use drugs
- Always have extra money in case you have to call a ride share
- Make up a "code" word for family, friends or teachers so they know when to call for help
- If you think you're being followed, take different routes or change the time that you leave
- If you want to break up, do it over the phone/text instead of in person
- Try talking to your parents, counselors, school personnel; they can take steps to protect you
- Take ALL threats of harm seriously and notify an adult because your safety may be at risk

Need to talk?  Text LOVEIS TO 22522

24/7 SUPPORT: 1-866-331-9474

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