

Healthy vs. Unhealthy

Relationships

HEALTHY RELATIONSHIP

- ✓ **Respect:** You listen to each other and respect each other's boundaries.
- ✓ **Open Communication:** You can discuss and share your feelings with your partner honestly.
- ✓ **Safety:** You can be yourself when you are with your partner. You feel safe - mentally, emotionally, and physically.
- ✓ **Support:** You and your partner care for each other and are there when the other person needs you.
- ✓ **Trust:** You know your partner always acts with the best intentions towards you. You can rely on each other.
- ✓ **Reciprocal:** In a healthy relationship, both sides value each other, and feel loved and accepted.

UNHEALTHY RELATIONSHIP

- ✗ **Control:** Your partner tells you what to do, ignores your feelings, and isolates you from others.
- ✗ **Guilt:** Your partner constantly blames you when things go wrong, or shames you when you make a mistake.
- ✗ **Threats:** Your partner tries to force or pressure you into doing things you don't want to do.
- ✗ **Bullying:** Your partner humiliates or embarrasses you in front of others.
- ✗ **Harmful Communication:** Your partner talks to you in a disrespectful way or puts you down.
- ✗ **Abuse:** Your partner uses intimidation, manipulation, or physical force against you.

WAYS TO MANAGE CONFLICT IN A RELATIONSHIP

Don't go into a conversation when your emotions are high. Give each other space to calm down.

Communicate with each other openly and respectfully.

Tell each other how you feel and how you would like to move forward in clear terms.

Talk to a safe person (like a friend, parent, counsellor, teacher) if you are unsure how to deal with the situation and need advice.

If the relationship becomes abusive, unsafe, or dangerous, report to a trusted adult or contact local resources for help. **Call 911 if you are in immediate danger.**