

WHAT MAKES A HEALTHY RELATIONSHIP?

ASK YOURSELF A FEW QUESTIONS.

Is your relationship built on trust?

Are you honest and open with each other?

Do you respect each other?

Do you talk about your feelings, hopes, and fears?

Do you support one another's interests, efforts, and goals?

Are you able to maintain and encourage individuality?

Do you feel and show fondness and affection?

Is there equality and fairness in your relationship?

IF YOU THINK YOU MAY BE INVOLVED IN AN ABUSIVE RELATIONSHIP, KNOW THAT YOU ARE NOT ALONE AND YOU CAN SEEK HELP.

SAFE HOPE
(316)283-0350
1-800-487-0510

24 HOUR
HELP
LINE

**ADOLESCENT
CRISIS HOTLINE**
1-800-448-3000

24 HOUR
HELP
LINE

**Be aware
of the
warning signs
of abuse
and
seek help.**

Physical Abuse

- Hitting, pushing
- Using a weapon
- Throwing things
- Shoving, choking
- Damaging your things
- Touching you in an unwanted way

Emotional Abuse

- Name calling
- Guilt, criticism
- Spreading rumors
- Ignoring feelings
- Inappropriate anger
- Threatening a partner
- Humiliating a partner



Healthy RELATIONSHIPS



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Harvey County



HARVEYUNITEDWAY.ORG

HOW DO YOU BUILD AND MAINTAIN A HEALTHY RELATIONSHIP?



A HEALTHY RELATIONSHIP SHOULD MAKE YOU FEEL GOOD AND HELP YOU GROW AS A PERSON.