

# 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



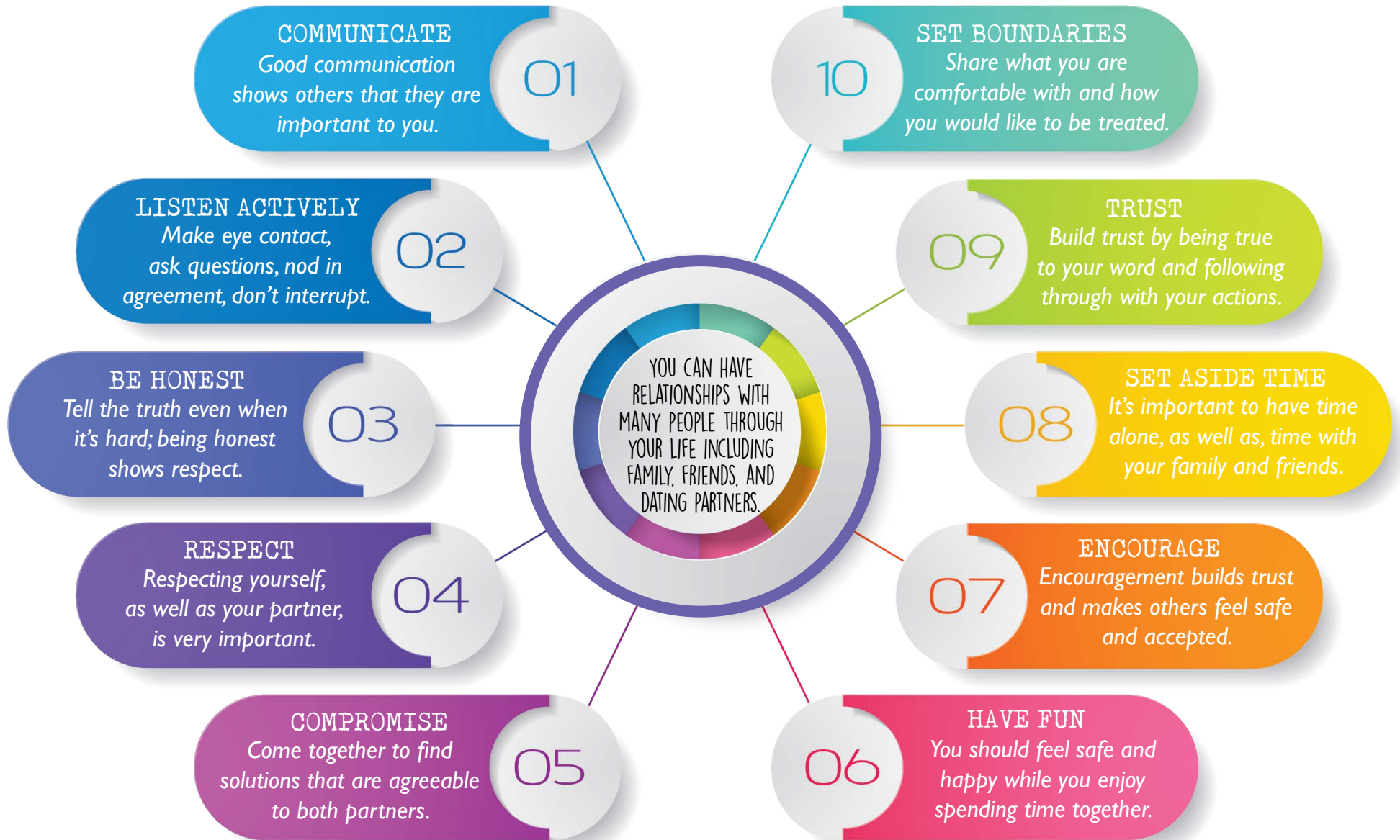
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Harvey County



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# HOW DO YOU BUILD AND MAINTAIN A HEALTHY RELATIONSHIP?



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