



HEALTHY RELATIONSHIPS

- **Mutual Respect:** Each partner valuing the other, who they are, and their boundaries
- **Trust:** Trusting each other and giving each other the benefit of the doubt
- **Honesty:** Honesty builds trust and strengthens your relationship
- **Compromise:** Understanding different view points, being willing to give and take to find a solution
- **Individuality:** No one should compromise who they are, and their identity should not be based on a partner's. Continuing to see friends and doing the things you love, or finding new things you love, and to support each other through that.
- **Good Communication:** Speaking openly and honestly to avoid miscommunication, and respecting the fact that feelings may need to be felt before there can be a conversation.



HEALTHY RELATIONSHIPS

- **Problem Solving:** Solving problems and identifying solutions together by breaking a problem into small parts or by talking through a situation.
- **Understanding:** Each partner should take times to understand what the other might be feeling
- **Self Confidence:** Having confidence in yourself can help relationships with others. Being comfortable enough to hear other people's opinions and let them express themselves without being defensive.
- **Being a role model:** Embodying respect, partners can inspire each other, friends and family to be better in all their relationships.
- **Healthy Sexual Relationship:** Engaging in a sexual relationship that both partners feel comfortable, unforced and not pressured into. Making sure that sexual activity that is outside their comfort zone is consented to.

SAFE DATING



UNHEALTHY RELATIONSHIPS

- **Control:** One partner deciding what the other partner can and cannot do, or having an overall inequity to the relationship. Overbearing jealousy, isolating the other from family and friends.
- **Hostility:** A partner purposely picking fights, and antagonizing the other for no great reason, often leading the other partner to change their behavior in order to avoid upsetting the other. Sometimes referred to as “walking on eggshells”.
- **Dishonesty:** One partner withholding or omitting information from the other. It could be anything from cheating to stealing.

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UNHEALTHY RELATIONSHIPS

- **Dependence:** Feeling like they “cannot live without” the other. They might threaten to do something drastic (suicide or self harm) if the relationship ends, or may use harmful phrases like “no one else could ever love you like I can”.
- **Intimidation:** A partner trying to control the other through fear and intimidation. Similar to control, a partner may try to keep the other from friends and family, however with intimidation this is backed up by threats of violence.
- **Physical Violence:** A partner using force to get their way. Such as hitting, slapping, grabbing, or shoving.
- **Sexual Violence:** Pressuring or forcing the other into sexual activity against their will or without consent.