

Is your relationship healthy?

In a **healthy relationship**, both partners:

- ♥ Respect each other
- ♥ Support one another's goals
- ♥ Trust one another
- ♥ Make decisions together
- ♥ Feel safe with one another

In an **unhealthy relationship**, your partner may:

- ✘ Keep track of you all the time
- ✘ Prevent you from spending time with friends or family
- ✘ Put you down constantly
- ✘ Get angry at you easily and often
- ✘ Break your property
- ✘ Make you feel afraid
- ✘ Harm your pets as a way of scaring or hurting you
- ✘ Threaten to hurt you or your children
- ✘ Hit, punch, slap, kick, bite or otherwise physically hurt you or your children
- ✘ Force you to have sex against your will



**Nobody deserves
to be abused.**

**Call the National toll-free
24-hour hotline**

1-800-799-SAFE

