

RELATIONSHIPS: What's healthy & what's not?



01

COMMUNICATION

Healthy: Both partners listen to and respect the other's point-of-view.

Unhealthy: One partner ignores the other and does not respect differing opinions.

02

DISAGREEMENTS

Healthy: Partners disagree but speak respectfully. They work out a solution to meet both partner's needs.

Unhealthy: Disagreements always turn into fights.



03

INTIMACY

Healthy: Both partners can be honest about how they feel about being physical and having sex.

Unhealthy: One partner is embarrassed to say how they feel and what they need.

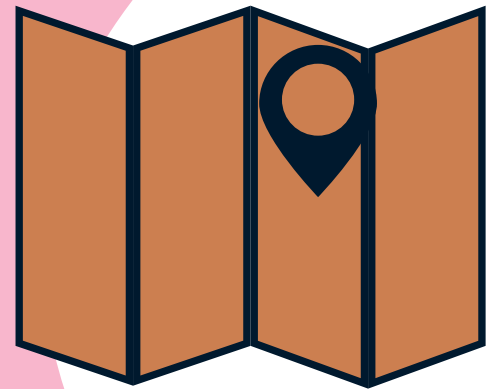


04

TIME APART

Healthy: Both partners feel good about spending time apart on occasion.

Unhealthy: One partner thinks there might be something wrong if the other wants to do things without them.

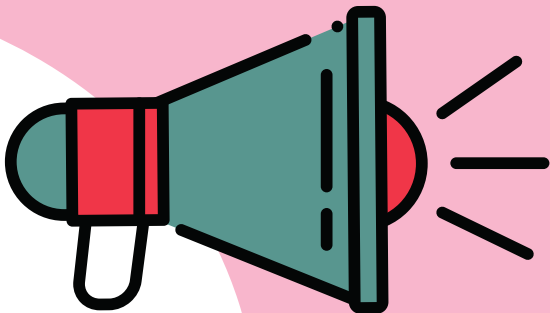


05

VERBAL ABUSE

Healthy: Both partners try very hard not to speak harshly to one another.

Unhealthy: Harsh language and patterns of verbal or psychological control are present. Verbal abuse IS abuse.



06

VIOLENCE

Healthy: There is NO physical violence or threat of violence.

Unhealthy: There is ANY physical violence present in the relationship.



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Person of Concern Reporting Form
UNTHSC Police Department

Call 817.735.2600 for emergencies & 817.735.2210 for non-emergencies.

Title IX Office