

HEALTHY

VERSUS

UNHEALTHY

WHAT ARE THE SIGNS OF ABUSE YOU SHOULD KNOW?

Being Yourself: You feel comfortable around the person you're dating

Control: Your partner tells you what to do and seems very possessive about everything

Feeling Safe: You know your partner won't try to hurt your feelings or your body

Physical Abuse: Your partner pushes you, hits you, or destroys your things

Equality: You and your partner share the power and effort without bossing each other around

Unpredictability: Your partner gets angry easily and you don't know what will set them off

Support: Your partner makes you feel cared for, heard, and respected

Pressure: Your partner does not take no for an answer and uses threats to coerce you