

HANDOUTS...

Healthy vs. Unhealthy Relationships

People in healthy relationships respect each other. They can talk honestly and freely to each other and share power and control over decisions. They trust and support each other and respect each other's independence. In contrast, an **unhealthy relationship** is unbalanced. One partner (a person in the relationship) tries to control the other.

HEALTHY RELATIONSHIPS

UNHEALTHY RELATIONSHIPS

<p>Equality—Partners share decisions and responsibilities. They discuss roles to make sure they're fair and equal.</p>	<p>Control—One partner makes all the decisions and tells the other what to do, or tells the other person what to wear or who to spend time with.</p>
<p>Honesty—Partners share their dreams, fears, and concerns with each other. They tell each other how they feel and share important information.</p>	<p>Dishonesty—One partner lies to or keeps information from the other. One partner steals from the other.</p>
<p>Physical safety—Partners feel physically safe in the relationship and respect each other's space.</p>	<p>Physical abuse—One partner uses force to get his/her way (for example, hitting, slapping, grabbing, shoving).</p>
<p>Respect—Partners treat each other like they want to be treated and accept each other's opinions, friends, and interests. They listen to each other.</p>	<p>Disrespect—One partner makes fun of the opinions and interests of the other partner. He or she may destroy something that belongs to the other partner.</p>
<p>Comfort—Partners feel safe with each other and respect each other's differences. They realize when they're wrong and are not afraid to say, "I'm sorry." Partners can "be themselves" with each other.</p>	<p>Intimidation—One partner tries to control every aspect of the other's life. One partner may attempt to keep his or her partner from friends and family or threaten violence or a break-up.</p>
<p>Sexual respectfulness—Partners never force sexual activity or insist on doing something the other isn't comfortable with.</p>	<p>Sexual abuse—One partner pressures or forces the other into sexual activity against his/her will or without his/her consent.</p>
<p>Independence—Neither partner is dependent upon the other for an identity. Partners maintain friendships outside of the relationship. Either partner has the right to end the relationship.</p>	<p>Dependence—One partner feels that he/she "can't live without" the other. He/she may threaten to do something drastic if the relationship ends.</p>
<p>Humor—The relationship is enjoyable for both partners. Partners laugh and have fun.</p>	<p>Hostility—One partner may "walk on eggshells" to avoid upsetting the other. Teasing is mean-spirited.</p>

From: Choose Respect Action Kit, Centers for Disease Control and Prevention.

HANDOUT...**Your Relationship is Healthy If...**

- You trust your partner.
- You treat each other the way you want to be treated, and accept each other's opinions and interests.
- You each feel physically safe in the relationship.
- Your partner likes your friends and encourages you to spend time with them and wants to include them in his/her life as well as yours.
- You make important decisions together.
- Your partner understands when you spend time away from him or her.
- You don't feel responsible for protecting your partner's reputation or for covering for his/her mistakes.
- Your partner encourages you to enjoy different activities (like joining the volleyball team or football team, running for student government, or being in a play) and helps you reach your goals.
- Your partner likes you for who you are – not just for what you look like.
- You are not afraid to say what you think and why you think that way. You like to hear how your partner thinks, and don't always have to agree.
- You have both a friendship and a physical attraction.
- You don't have to be with your partner 24/7.
- Your partner doesn't force sexual activity or insist that you do something that makes you uncomfortable.