

## The Relationship Spectrum

Healthy	Unhealthy	Abusive
<p style="text-align: center;"><b>A HEALTHY RELATIONSHIP</b></p> <p><i>A healthy relationships means that both you and your partner are...</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Communicating</b> - You talk openly about problems and listen to one another. You respect each other's opinions.</li> <li><input type="checkbox"/> <b>Respectful</b> - You value each other as you are.</li> <li><input type="checkbox"/> <b>Trusting</b> - You believe what your partner says.</li> <li><input type="checkbox"/> <b>Honest</b> - You are honest with each other but can still choose to keep certain things private.</li> <li><input type="checkbox"/> <b>Equal</b> - You make decisions together and hold each other to the same standard.</li> <li><input type="checkbox"/> <b>Enjoying personal time</b> - You both enjoy spending time apart and respect when one of you needs time apart.</li> <li><input type="checkbox"/> <b>Making mutual sexual choices.</b> You talk openly about sexual choices together. You both consent to sexual activity and can talk about what is ok and what isn't. You discuss using condoms or other birth control methods.</li> </ul>	<p style="text-align: center;"><b>AN UNHEALTHY RELATIONSHIP</b></p> <p><i>You may be in an unhealthy relationship if one of you is...</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Not communicating</b> - When you talk about problems you fight, or you don't talk about them at all.</li> <li><input type="checkbox"/> <b>Disrespectful</b> - One or both of you is not considerate of each other.</li> <li><input type="checkbox"/> <b>Not trusting</b> - You don't believe what your partner says.</li> <li><input type="checkbox"/> <b>Dishonest</b> - One or both partners is telling lies.</li> <li><input type="checkbox"/> <b>Trying to take control</b> - One or both partners feel their desires and choices are more important.</li> <li><input type="checkbox"/> <b>Feeling crowded or not spending time with others</b> - Only spending time with your partner.</li> <li><input type="checkbox"/> <b>Pressured by the other into sexual activity</b> - One partner tries to convince the other that they should have sex, or more sex.</li> <li><input type="checkbox"/> <b>Ignoring the consequences of sex</b> - The partners are having consensual sex with each other but are not talking about possible consequences.</li> </ul>	<p style="text-align: center;"><b>AN ABUSIVE RELATIONSHIP</b></p> <p><i>An abusive relationships starts when one of you...</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Communicates in a way that is hurtful or insulting.</b></li> <li><input type="checkbox"/> <b>Mistreats the other</b> - One or both partners does not respect the feelings and physical safety of the other.</li> <li><input type="checkbox"/> <b>Accuses the other of flirting or cheating when it's not true</b> - The partner that accuses may hurt the other in a physical or verbal way as a result.</li> <li><input type="checkbox"/> <b>Denies that the abusive actions are abuse</b> - They may try to blame the other for the harm they're doing.</li> <li><input type="checkbox"/> <b>Controls the other</b> - There is no equality in the relationship. What one partner says goes.</li> <li><input type="checkbox"/> <b>Isolates the other partner</b> - One partner controls where the other one goes, and who the other partner sees and talks to.</li> <li><input type="checkbox"/> <b>Forces sexual activity</b> - One partner forces the other to have sex.</li> </ul>