

If your partner, girlfriend, or boyfriend has a pattern of doing any of the following, it may be a sign of an unhealthy relationship:

- Texting or calling you all the time to find out where you are, who you're with, or what you're doing.
- Asking to be with you all the time.
- Refusing to listen to your opinion or making all the decisions in the relationship.
- Making fun of you or putting you down.
- Doing things to purposefully upset you.
- Wanting you to change who you are or asking you to give up activities you enjoy.
- Separating you from your friends or trying to isolate you from people who care about you.
- Pressuring you to do things you don't want to.
- Making you feel guilty, trying to "get back at you," or punishing you for things.
- Threatening to leave or to hurt you or themselves as a way to control you.

If you think you might be in an unhealthy or abusive relationship, reach out to a friend, your parent/caregiver, a school counselor, or another person you trust or contact a helpline:

National Teen Dating Abuse Helpline:

Text LOVEIS to 22522 or speak to a peer advocate at 1-866-331-9474

National Sexual Assault Hotline:

1-800-656-4673

Trevor Lifeline (for LGBTQ* youth):

1-866-488-7386

National Suicide Prevention Lifeline:

1-800-273-8255

www.engagingvoices.org

For more information contact the Idaho Coalition Against Sexual & Domestic Violence at 1-208-384-0419 or 1-888-293-6118

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Healthy relationships help create a future where we can all thrive together. We can choose both **who** we want to be in a relationship with and **how** we want to be in a relationship. When we consider the **how**, we can live in mutuality in our relationships and be our best selves.

Here are some characteristics and behaviors of a healthy relationship:

Mutuality – Sharing of our authentic selves that allow for us to see each other clearly and engaging each other with honesty, balance, and support.

Respect – Valuing each other's beliefs and opinions. Loving and appreciating one another for who we are as people.

Kindness – Caring and understanding of one another's feelings. Providing comfort and support to each other.

Trust – Knowing that your partner is honest and you feel safe and secure in the relationship.

Honesty – Being truthful and open without fearing how the other person will respond.

Independence – Creating space to be yourself outside of the relationship, and have other friendships and relationships with people you care about. Participating in activities that center you and do not always include your partner.

Comfortable Pace – Discussing your boundaries and respecting decisions to do or not do something and agree on how slow or fast the relationship is moving. Moving at a speed that feels enjoyable to all.

Healthy Conflict – Listening respectfully to one another and discussing issues and addressing disagreements without judgment.

Taking Responsibility– Accepting responsibility for your own actions and words. Apologizing, understand the impact of your actions, repairing the harm, and, most importantly, changing your behavior so the harm does not happen again.

Fun – Spending time together. Bringing out the best in each other.

"Love is more than a feeling. It is both an intention and an action. We do not have to love. We choose to love. When we understand love as the will to nurture our own and another's spiritual growth, it becomes clear that we cannot claim to love if we are hurtful and abusive. Love and abuse cannot coexist."

– bell hooks