

NAVIGATING HEALTHY RELATIONSHIPS

What is a Healthy Relationship with a Partner?

Healthy relationships allow partners to feel supported and connected but still feel independent and comfortable. Ongoing communication and boundaries are essential. If something doesn't feel right, tell your partner.

Ways to Support Your Friend in an Unhealthy Relationship

- Support them to make their own decisions and listen non-judgmentally
- Encourage communication with family and friends
- Develop a safety plan with strategies to remain safe and emotionally stable
- Help them seek guidance from a loved one, doctor, counselor, or friend.

What is Communication?

Communication allows you and your partner to have an understanding of each other, and allows you to connect. In a healthy relationship with good communication, both partners:

- Treat each other with respect
- Speak up about thoughts and feelings
- Feel heard from your partner
- Feel supported to make decisions

What are Boundaries?

Each person should express to their partner what they are and are not comfortable with. In a healthy relationship with boundaries, both partners:

- Spend time with friends and family outside of the relationship
- Trust each other
- Do not pressure the other to do things they don't want to do
- Do not make false accusations

Warning Signs of an Unhealthy Relationship

- Your friend is degraded by their partner
- Is constantly worried that their partner will be angry
- Has unexplained marks or injuries
- Stops spending time with friends and family
- Is depressed or anxious, or has changes in mood
- Their partner is extremely jealous or possessive



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What is Sexual Consent?

Sexual consent is agreement to engage in sexual activity. Sexual activity without consent is considered rape or other sexual assault.

- Consent allows both partners to be heard: Think of the saying “yes means yes”
- Consent is not ongoing but is determined by each individual relationship
- Saying yes to one act doesn't mean you are giving consent to other acts
- Your relationship status does not make consent automatic. You always have the right to stop or take back consent
- Consent must be written or verbal and isn't implied based on clothes you wear or actions you take

Dealing with a Break-up

It is normal to feel upset after a relationship ends and it can take time to get over this loss. You might be tearful, lose sleep, or lack motivation to do activities you enjoy. With time and support, you can pull through a break-up and develop new strengths.

When to Get Help From a Break-up

If you are struggling to move on after a break-up, or if you feel unsafe, it is important to talk things through with someone you trust such as a friend or family member. If you'd prefer to talk to someone outside of your family, your doctor or counselor can provide confidential support.

What is Not Sexual Consent?

- If you're afraid to say no
- If you're being manipulated, pressured, or threatened to say yes
- If you or a partner is unable to give consent, including being asleep, unconscious, under the influence of drugs, alcohol, or any illegal substance
- Nonconsent means **STOP**: When one person is not consenting, the actions can be considered rape, sexual assault, or abuse

Useful Websites & Phone Numbers

National Domestic Violence Hotline

1-800-799-SAFE (7233)
www.thehotline.org

Crisis Text Line

Text HOME to 741741 in the US
for FREE 24/7 crisis support.
www.crisistextline.org

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