HEALTHY RELATIONSHIP CHECKLIST

THE PERSON I’M WITH...

☐ Supports the things I do and encourages me to try new things.

☐ Supports my social life. Understands we have separate interests and can spend time apart or with other people.

☐ Talks to me when they’re unhappy with something in our relationship.

☐ Is willing to compromise and can admit when they are in the wrong.

☐ Respects my friends and family.

☐ Does not exhibit abusive behavior toward others.

☐ Is OK with me having friends without getting extremely jealous of them or accusing me of flirting or cheating.

☐ Does not constantly check on me or make me check in about where I am or who I’m with.

☐ Doesn’t try to control what I do, who I see, what I wear, how I look, who I talk to, or my money.

☐ Makes me feel safe and doesn’t physically hurt me.

☐ Does not pressure, guilt, or force me into having sex or going further than I want to.

☐ Does not pressure or force me to do anything that I don’t want to do.

These are all signs of a healthy relationship. Remember that while you may have a healthy relationship, it’s possible a friend or someone you know does not.

IMPORTANT:

Leaving an abusive relationship is the most dangerous time.

This is when abusers feel like they are losing power and control.

Contact 360 Communities to make a safety plan.

We have trained advocates who can help 24/7.

Call our 24/7 Crisis Line (651) 452-7288

Sexual Assault Services (651) 405-1500

Scan for Violence Prevention and Intervention Resources