

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**

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