

# **Healthy Relationships**

## **Healthy Relationship Traits**

- Trust
- Honesty
- Fun
- Fairness
- Safety
- Respect
- Support
- Kindness
- Happiness

- Consent
- Independence
- Acceptance
- Comfortable pace
- Communication
- Ability to be yourself
- Taking responsibility
- Respectful conflict and resolution
- Respecting boundaries

## **Unhealthy Relationship Traits**

- Physical or emotional abuse
- Isolation
- Possessiveness
- Guilting or manipulation
- Unreliability or unpredictability
- Pressure
- Passive aggressiveness
- · Overwhelming or intense feelings
- Deflecting responsibility
- Betrayal

### **Recognizing Abuse**

Any kind of relationship can be abusive. You may experience abuse from a romantic or sexual partner, but could also be experiencing abuse from a friend, a parent, another family member, or another adult. People of all genders and sexual identities experience abuse or can be abusers.

Forms of abuse include: **physical**, **verbal**, **emotional**, **financial**, **sexual**, and **digital**.

## Supporting a Friend

If your friend is in an unhealthy relationship:

- Listen to them
- Believe what they are telling you and validate their feelings
- Assure them that it is not their fault and that they do not deserve what is happening to them
- Be available and willing to help
- Show them the resources on the Violet Project page
- Ask them what they want from you

### **Entering a Relationship**

It's important to generate boundaries so that you can make healthy decisions in relationships:

- Balance between significant others, friends, family, academic life, and personal interests
- Peer pressure avoid making decisions based on other people's desires, but rather because you genuinely want to do something
- Don't rush move at your own pace when getting to know someone, spending time with them, or potentially moving on to intimate acts

#### Resources

**Love is Respect** is a live chat that is completely confidential, and where you can ask for help regarding relationships and safety.

**National Domestic Violence Hotline** is a hotline that you can directly call at 1-800-799-7233.

**The Violet Project** has providers available that can help connect you to resources.

Dial 911 in case of an emergency.





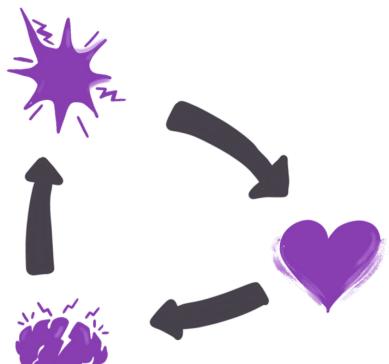
Patterns of abuse can be described by the cycle of abuse. This cycle may not look the same in every relationship, however, it follows roughly the same pattern. The cycle may also vary in terms of how quickly one moves through the entire cycle – from a few hours to months. It is important that you can recognize this cycle, as it can continue to repeat itself many times throughout a relationship. Use the previously mentioned resources to learn how to manage this situation.

# The Cycle of Abuse

# The Abuser's Behavior

#### Explosion

- Intimidating body language
- Keeps you from leaving
- Throwing things
- Slamming doors
- Silent treatment
- Name calling
- Swearing
- Yelling



#### Honeymoon

- Apologetic
- Respectful
- More attentive
- Promises to change
- Improved communication
- Helpful around the house
- Gift giving and compliments
- Spends time with you and the family

#### **Tension**

- Insults
- Threats
- Jealousy
- Accusations

Sarcasm

- Fault finding
- Controlling your actions
- Quick mood changes
- Emotional distance