



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



Tension

- Insults
- Threats
- Sarcasm
- Jealousy
- Accusations
- Fault finding
- Controlling your actions
- Quick mood changes
- Emotional distance



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

