

24/7 CRISIS LINE · 662-342-1432

DATING VIOLENCE

HEALTHY

You make decisions together, openly discuss problems and choices, enjoy time together, and feel secure apart. A healthy relationship means both you and your partner are:

- Respectful
- Communicative
- Trusting
- Honest

UNHEALTHY

One person controls decisions, pressures their partner, and dismisses harm. You may feel isolated from others. You may be in an unhealthy relationship if your partner:

- Pressures you
- Is dishonest
- Controlling
- Inconsiderate

ABUSIVE

One person controls choices, boundaries, and truth. You feel isolated and unable to share what's really happening. Abuse is occurring in a relationship when one partner:

- Makes accusations
- Casting blame
- Isolating you
- Manipulating you