

Playing it S.A.F.E.

- In a **Healthy Relationship**, partners feel safe, supported, and are happy to be around each other.
- In an **Unhealthy Relationship** there is a pattern of manipulative behaviors to exert power and control over a partner.
- In an **Unsafe Relationship**, physical violence (hitting, punching, kicking, etc.) has occurred and there should be no second chances!



If you put the work in,
SOMETIMES,
Unhealthy Relationships
can become
Healthy.

Characteristics of an Unhealthy Relationship

- Checking password protected phones, emails, or social media sites without your permission.
- Insulting you or calling you names.
- Isolating you from friends or family.
- When you are not with your partner, they call, text, or drive by your home frequently.
- Extremely jealous or possessive.
- Pressuring you to do things sexually even after you say No.
- Encouraging you to quit an activity you enjoy (like sports).

*If someone has physically harmed you, even just once, you are not safe!!!
Safely exit that relationship!*

Making a Relationship Healthy

- First, you need to make the decision if you feel the relationship is worth saving. Ask yourself:
 - Does my partner make me happy more than sad?
 - In this relationship, am I my partner's equal?
 - Do I feel safe and supported when I am with my partner?
- If you answer "No!" to any of these questions, you might want to move on in your life.
- If your answer is "Yes," talk to your partner. Let them know the characteristics you feel should be changed and explain why. Then listen. They might have concerns as well.
- You may also want to have a meeting with a 3rd party, like a counselor.
- If you discuss concerns with your partner, and the behaviors change, and you feel happy and are in an equal partnership, good for you!!!
- **Sometimes the best thing for YOU is to break up.** This does not make you a failure. We all have life lessons to learn.

