

Healthy vs. Unhealthy Relationships

Healthy Relationships:

- Make you feel good about yourself
- Have boundaries and they are respected
- Value each other's privacy
- Encourage you to have your own interests and friends
- Have open communication
- Make you feel safe
- Always ask for consent

Unhealthy Relationships May:

- Have extreme jealousy
- Limit friends and interactions outside of the relationship
- Not respect each other's feelings or beliefs
- Use belittling language or put you down
- Pressure you into actions you are not comfortable with
- Make you scared, unhappy, or feel badly about yourself
- Threaten or use violence



989-686-4551

You have the right to a safe and healthy relationship.

You do not "owe" your partner anything to prove your loyalty.

Having your own friends, interests, and space is good for a relationship.

Unhealthy relationships are at a greater risk for developing into abusive relationships. If you question the health of yours or a friend's relationship, you should seek help from a trusted adult. **Help is available for people of all ages and genders at the Bay Area Women's Center at 989-686-4551.**

If you or your family are experiencing homelessness or displacement from home, your school's McKinney-Vento liaison can help ensure you don't experience a lapse in transportation to and from school.

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