



SIGNS OF A HEALTHY RELATIONSHIP

- 1 You feel cared for and encouraged
- 2 You feel comfortable with the person you're with
- 3 You discuss things that are important to you
- 4 The relationship is safe and fair
- 5 You feel emotionally and physically safe
- 6 You feel comfortable talking about your concerns
- 7 You support and are considerate of each other

Healthy relationships aren't limited to dating. They can include friendships, roommates, family members, classmates, teammates, and other important people in your life.

Whether dating relationships are short-term, long-term, or difficult to define, they should be built on mutual respect and thoughtful communication.



WHAT IS DATING VIOLENCE?

Dating violence refers to a range of behaviours in which one partner causes harm or exerts control over the other.

Dating violence can look like:

- Ignoring and crossing boundaries, either directly or indirectly.
- Using threats to limit the choices of others, including threats of self-harm or removal of essential items.
- Behaviours aimed at isolating, monitoring, or controlling someone's actions.

Emotional Abuse

Digital Abuse

Physical Abuse

Harassment

Sexual Abuse

Social Abuse

Financial Abuse

GUESS

THAT

FLAG

