

Echo & Asher Talk Relationships



Healthy Relationships 101

What is the difference between a healthy and unhealthy relationship?

Respect between partners is a main characteristic of a **healthy** relationship. Healthy relationships include respecting boundaries, open communication, mutual trust and transparency, and consent.

In **unhealthy** relationships, one partner may try to exert control and power over the other and things like trust and open communication aren't always there.

Signs of an abusive relationship

- Partner is hostile to you
- Controlling behaviors
- Physical harm
- Partner threatens to hurt you or themselves if you leave the relationship

Signs that someone is in an abusive relationship

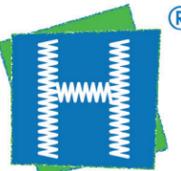
- Unexplained injuries
- Recent withdrawal from friends and social life
- Increased secrecy
- More absences from school, work, and events than usual

Do you need help?

If you or someone you know is a victim of abuse, please reach out right away. There is help.

Love Is Respect
loveisrespect.org
866-331-9474

The Hotline
thehotline.org
800-799-SAFE (7233)

PATC 

Providers And Teens Communicating for Health

patchprogram.org

 **WISCONSIN DEPARTMENT**
of **HEALTH SERVICES**

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HEALTH CARE EDUCATION & TRAINING

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