

# 7

## signs of a Healthy Relationship

1. Trust & Honesty
2. Independence
3. Respect
4. Support
5. Communication
6. Fairness & Equity
7. Empathy & Compassion

A healthy relationship  $\neq$  a perfect relationship!  
The key to maintaining a healthy relationship is when both/all partners feel connected, supported and autonomous. Personal boundaries should be established, discussed, and respected throughout the relationship.

Wildcats deserve

# Healthy Relationships



# Red flags in an Unhealthy Relationship:

Message and/or call you all the time to find out where you are, who you're with, or what you're doing?

Make you feel guilty for doing things for yourself, by yourself, or with others?

Pressure you to do things you're not comfortable with?

Make all the decisions in the relationship?

Hack your e-mail/social media and/or unexpectedly show up at places to "check up" on you?

Threaten to share private pictures or information about you?

Keep you away from friends, family, and others?

Have unpredictable and/or volatile overreactions that make you feel like you need to do things to keep them from lashing out?

Threaten to hurt you, themselves, your loved ones or pets?

If you identify with one or more of these factors, you may be in an unhealthy relationship. Harmful behaviors can surface in all types of relationships. This list is not exhaustive - if you recognize any of these flags (or other warning signs not written here) reach out and talk to a trusted friend, family member, mentor, counselor, or a SHARPP Advocate. You are not alone.

for more information go to:

[unh.edu/sharpp/prevention/healthy-relationships](http://unh.edu/sharpp/prevention/healthy-relationships)

Ways to get help from UNH SHARPP:

**24/7 Helpline: 603.862.7233**

Office visits: Wolff House | 2 Pettee Brook Lane

Text or chat with an advocate:

[unh.edu/sharpp/services/chatting-texting-sharpp](http://unh.edu/sharpp/services/chatting-texting-sharpp)

