**Healthy Relationships**

- Both people show respect for each other and for self.
- Both people share open and honest communication.
- Privacy is respected.
- Decisions are shared and discussed truthfully.
- There is no use of threats or coercion to get the other person to agree with you.
- Independence and personal responsibility are encouraged.
- Each person has common and separate interests and friends.
- Both people are encouraged to maintain healthy relationships with friends and family.
- Individual belief and value systems are respected and encouraged.

**Unhealthy Relationships**

- Involve abuse—physical, sexual, or emotional.
- Focus only on one person’s needs.
- Rely on shame, guilt, fear, and secrets.
- Revolve around drugs, alcohol, money, and/or physical contact.
- Have unreasonable expectations and punishments for violating them.

**Early Warning Signs of Abusive Relationships**

Are you in a relationship with someone who...
- Is excessively jealous and possessive of you?
- Is bossy, gives orders, and makes all the decisions?
- Puts you down in front of friends or calls you names?
- Hurts you physically or threatens you in any way?
- Has unpredictable mood swings or explosive anger?
- Pressures you sexually?
- Abuses alcohol or other drugs?

**Definitions**

**Sexual Assault:** An act of penetration (by an object including, but not limited to, the penis and finger) in any orifice of a person’s body by the use of force or threat of force, or when the victim is unable to give knowing consent. Rape is a form of sexual assault.

**Consent:** Both parties are fully conscious. Both parties are equally free to act; neither is coerced or constrained. Both parties behave positively and clearly communicate their intent. Neither person’s judgment is impaired by alcohol or drugs.

**Stalking:** Stalking is the willful, malicious, and repeated following or harassment of another person. It can occur in person, over the phone, or via computer (cyberstalking).