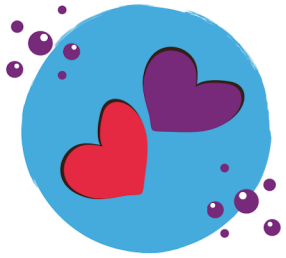


# Healthy relationships checklist



## Communication

You talk openly about your likes and dislikes. Whether texting or talking, it feels easy, breezy and happy. Disagreements are managed calmly.

There are occasional disagreements, you don't listen to each other and find compromise hard. You sometimes worry about how they will react.

During disagreements your partner screams and shouts at you. They blame you for everything, call you names and make you feel small.



## Equal

You feel you have an equal say in your relationship and decisions are made jointly. You have the freedom to see friends and family when you want to.

One of you tends to make most of the decisions about where you go and what you do. Your partner puts pressure on you to get their own way.

You are worried about sharing your views and tread on eggshells around them. You are often put off from doing things you enjoy or being with the people you care about.



## Respect

You value the other's opinions, beliefs and culture without trying to change them. You have the freedom to be yourself.

You don't feel valued. Your partner interrupts or doesn't listen. They may ignore you or give you the 'silent treatment'.

Your partner doesn't care what you think and undermines what you say. They disregard your wishes and safety, threatening you or causing you harm.



## Trust

You trust each other and feel confident that you have a solid relationship. You don't need to second guess each other and spend time apart as well as together.

You're concerned they're cheating on you or that they are not being honest. They question your loyalty and monitor what you do.

They make it hard for you to be around other people and try to cut you off from friends and family. They constantly check up on you.



## Consent

You are enthusiastic about the part sexual activity plays in your relationship. You discuss birth control and sexual health, and make decisions together.

One of you is pressuring the other into sexual activity that doesn't feel quite right. You may be having sex but you are not addressing the possible consequences.

You may be threatened and forced into sexual activity you do not want. They may use violence during sex or punish you for not doing what they want. This is sexual violence.