



**In a healthy relationship, your partner...**

<p style="text-align: center;"><b>should</b></p> <ul style="list-style-type: none"> <li>• communicate kindly, openly, and honestly</li> <li>• respect wishes, boundaries, and feelings</li> <li>• leave time for family and friends</li> <li>• encourage you to be the best version of yourself</li> </ul>	<p style="text-align: center;"><b>should not</b></p> <ul style="list-style-type: none"> <li>• use put-downs or threats</li> <li>• touch you without your permission</li> <li>• hurt you emotionally or physically</li> <li>• try to control what you wear, who you talk to, or how you spend your time</li> </ul>
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If you or a friend is in an unhealthy relationship and needs help, please contact the Southern Maryland Center for Family Advocacy at [www.SMCFA.net](http://www.SMCFA.net) or (301) 373-4141. Students can also notify an adult by submitting an anonymous tip at [smcps-md.safeschoolsalert.com](http://smcps-md.safeschoolsalert.com) (Organization Code: 1013).

Facebook Posts	Twitter Posts
<p>What is Love? In a healthy relationship, your partner should respect your wishes, boundaries &amp; feelings, not try to control what you wear, who you talk to or how you spend your time. For more information on healthy relationships, visit <a href="http://loveisrespect.org">loveisrespect.org</a> <b>#SMCWhatIsLove</b></p>	<p>In a healthy relationship, your partner should respect your boundaries &amp; feelings, not try to control how you feel or who you talk to. For more information on healthy relationships, visit <a href="http://loveisrespect.org">loveisrespect.org</a> <b>#SMCWhatIsLove</b></p>
<p>What is Love? In a healthy relationship, your partner should encourage you to be the best version of yourself, not put you down or hurt you emotionally. For more information on healthy relationships, visit <a href="http://loveisrespect.org">loveisrespect.org</a> <b>#SMCWhatIsLove</b></p>	<p>In a healthy relationship, your partner should encourage you to be the best version of yourself, not put you down or hurt you emotionally. For more information on healthy relationships, visit <a href="http://loveisrespect.org">loveisrespect.org</a> <b>#SMCWhatIsLove</b></p>
<p><b>#SMCWhatIsLove</b> What does a healthy relationship look like to you?</p>	<p><b>#SMCWhatIsLove</b> What does a healthy relationship look like to you?</p>
<p><b>#SMCWhatIsLove</b> Domestic Violence can be much more than physical abuse. It often includes many types of controlling behaviors and can be psychological, emotional, verbal, sexual, and/or economic. Learn about the types of abuse at <a href="https://www.mnadv.org/get-help/understanding-abuse/">https://www.mnadv.org/get-help/understanding-abuse/</a></p>	<p><b>#SMCWhatIsLove #DomesticViolence</b> can be much more than physical abuse. It often includes many types of controlling behaviors. Learn about the types of abuse at <a href="https://www.mnadv.org/get-help/understanding-abuse/">https://www.mnadv.org/get-help/understanding-abuse/</a></p>
<p>Here are some tips for tech safety if you or someone you know is being stalked or harassed a partner via technology: <a href="https://www.mnadv.org/get-help/tips-for-tech-safety/">https://www.mnadv.org/get-help/tips-for-tech-safety/</a> <b>#SMCWhatIsLove</b></p>	<p>Here are some tips for tech safety if you or someone you know is being stalked or harassed a partner via technology: <a href="https://www.mnadv.org/get-help/tips-for-tech-safety/">https://www.mnadv.org/get-help/tips-for-tech-safety/</a> <b>#SMCWhatIsLove</b></p>

<p>Did you know? The Southern Maryland Center for Family Advocacy provides free legal advocacy and representation, case management, crisis management and emergency shelter services to survivors of domestic and sexual violence.</p> <p><b>#SMCWhatsLove</b> Visit <a href="https://www.smcfa.net/">https://www.smcfa.net/</a></p>	<p>The Southern Maryland Center for Family Advocacy provides free legal advocacy &amp; representation, case and crisis management and emergency shelter services to survivors of domestic &amp; sexual violence.</p> <p><b>#SMCWhatsLove</b> Visit <a href="https://www.smcfa.net/">https://www.smcfa.net/</a></p>
<p>The Southern Maryland Center for Family Advocacy has digital copies of paperwork necessary for seeking services (such as for filing a petition for a protective order, or completing intake for legal guidance) available on its website. Visit <a href="https://www.smcfa.net/applynow">https://www.smcfa.net/applynow</a></p> <p><b>#SMCWhatsLove</b></p>	<p>The Southern Maryland Center for Family Advocacy has copies of paperwork (for filing a petition for a protective order, or completing intake for legal guidance) available on its website. Visit <a href="https://www.smcfa.net/applynow">https://www.smcfa.net/applynow</a></p> <p><b>#SMCWhatsLove</b></p>
<p>Maryland Network Against Domestic Violence (tag <a href="#">FB</a> page) is a state coalition providing leadership in education, training and advocacy to eliminate domestic violence in Maryland. Learn more at <a href="https://www.mnadv.org/about-mnadv/about-us/">https://www.mnadv.org/about-mnadv/about-us/</a></p> <p><b>#SMCWhatsLove</b></p>	<p>The Maryland Network Against Domestic Violence is a state coalition providing leadership in education, training and advocacy to eliminate domestic violence in Maryland. Learn more at <a href="https://www.mnadv.org/about-mnadv/about-us/">https://www.mnadv.org/about-mnadv/about-us/</a></p> <p><b>#SMCWhatsLove</b></p>
<p>Find resources for family &amp; <b>#DomesticViolence</b> support in Maryland at <a href="https://211md.org/resources/domestic-family-violence/">https://211md.org/resources/domestic-family-violence/</a></p> <p><b>#SMCWhatsLove</b></p>	<p>Find resources for family &amp; <b>#DomesticViolence</b> support in Maryland at <a href="https://211md.org/resources/domestic-family-violence/">https://211md.org/resources/domestic-family-violence/</a></p> <p><b>#SMCWhatsLove</b></p>

# Need Help Now?

We're here for you.



**Call**

1.800.799.SAFE  
(7233)  
TTY 1.800.787.3224



**Chat**

Chat live now



**Text**

Text "START" to  
88788

Facebook	Twitter
<p>The National Domestic Violence Hotline &amp; Love Is Respect Hotline offer round-the-clock care and support for people seeking help in their relationship. Services are always free and available 24/7.</p> <p>Call 1-800-799-SAFE or Text START to 88788 <b>#SMCWhatsLove</b></p>	<p>The National Domestic Violence Hotline &amp; Love Is Respect Hotline offer round-the-clock care and support for people seeking help in their relationship. Services are free and available 24/7.</p> <p>Call 1-800-799-SAFE or Text START to 88788 <b>#SMCWhatsLove</b></p>
<p>What does a healthy relationship look like to you?</p> <p>National Domestic Violence Hotline Call 1-800-799-SAFE or Text START to 88788 <b>#SMCWhatsLove</b></p>	<p>What does a healthy relationship look like to you?</p> <p>National #DomesticViolence Hotline Call 1-800-799-SAFE or Text START to 88788 <b>#SMCWhatsLove</b></p>

# Need help now? Get in touch.



**Call**

1-866-331-9474  
800.787.3224 (TTY)



**Chat**

Chat live now



**Text**

Text 'LOVEIS' to  
22522

Facebook	Twitter
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And others that link to DV/Dating Violence resources.

- National agencies
- National Domestic Violence Hotline ([site](#))
- Teen Dating Violence Month ([site](#))
- Maryland Network Against Domestic Violence ([mnadv.org](http://mnadv.org))
- Maryland resources [website](#)