



**WHAT
IS
LOVE?**

What does a healthy relationship look like?

In a healthy relationship, your partner...

should

- **communicate kindly, openly, and honestly**
- **respect wishes, boundaries, and feelings**
- **leave time for family and friends**
- **encourage you to be the best version of yourself**

should not

- **use put-downs or threats**
- **touch you without your permission**
- **hurt you emotionally or physically**
- **try to control what you wear, who you talk to, or how you spend your time**

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 or (301) 373-4141. Students can also notify an adult by submitting an anonymous tip at smcps-md.safeschoolsalert.com

(Organization Code: 1013).