



Feel the Love



TEEN DATING VIOLENCE AWARENESS MONTH

10 SIGNS OF

HEALTHY RELATIONSHIPS

- Comfortable pace
- Trust
- Honesty
- Independence
- Respect
- Equality
- Kindness
- Taking responsibility
- Healthy conflict
- Fun

UNHEALTHY RELATIONSHIPS

- Intensity
- Possessiveness
- Manipulation
- Isolation
- Sabotage
- Belittling
- Guilting
- Volatility
- Deflecting responsibility
- Betrayal

Source: One Love

Presented by The Healthy St. Mary's Partnership and the Southern Maryland Center for Family Advocacy. If you or someone you know is in an unhealthy relationship, please reach out to the Southern Maryland Center for Family Advocacy at www.SMCFA.net or (301) 373-4141.

HELP IS AVAILABLE!