



# Signs of a Healthy Relationship

Trust 

Personal Responsibility 

 Honesty

 Kindness

Comfortable Pace 

Equality 

 Independence


 Fun

Respect 

Healthy Disagreement 

# Signs of a Unhealthy Relationship

Intensity 


Belittling 

 Possessiveness

 Guilting

Manipulation 

Volatility 

 Isolation

 Deflecting Responsibility

Sabotage 

Betrayal 

# S.A.F.E Conflict

**STAY calm**— This might mean taking some deep breaths before speaking or even walking away and returning later with a clearer mind.

**ASK questions**— Asking clarifying questions can help both partners gain a better understanding of the situation.

**FIND out FEELINGS**— take some time to determine and express your own feelings and allow time and space for your partner to do the same.

**EXCHANGE ideas for a solution**— together, work to find a solution you are both happy with.

## Available Resources

National Dating Abuse Helpline: 1-866-331-9474

National Domestic Violence Hotline: 1.800.799.SAFE (7233)

Love is Respect: Text "LOVEIS" to 22522

A 24/7 online chat feature or you can text

SARC Maryland: 24/7 helpline, call 410-836-8430

(based in Harford County)

Maryland Network Against Domestic Violence: mnadv.org

National Suicide and Crisis Lifeline— call or text 988

