



**Understanding Healthy
and Unhealthy
Relationship Behaviors –
Staying Safe and Setting
Boundaries**



Before We Start...

Today's presentation will cover sensitive topics including relationship abuse, domestic violence, and other information regarding unhealthy relationships that can be triggering. If at any time you need to take a break, please feel free to do so, and make use of the available resources.

Also keep in mind that we are not licensed counselors and today's presentation is meant to educate and inform but does not take the place of licensed counseling or speaking to a mental health professional.

Available Resources

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

National Domestic Violence Hotline: 1.800.799.SAFE (7233)

Love is Respect: "LOVEIS" to 22522

A 24/7 online chat feature, or you can text

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

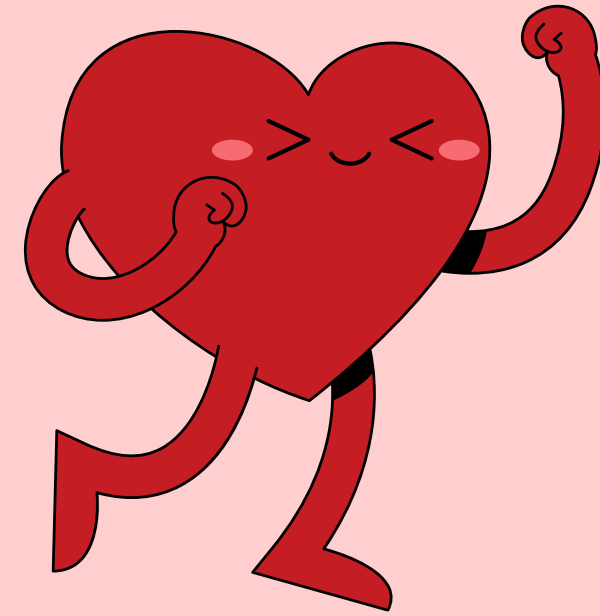
(based in Harford County)

Maryland Network Against Domestic Violence: mnadv.org

National Suicide and Crisis Lifeline: call or text 988

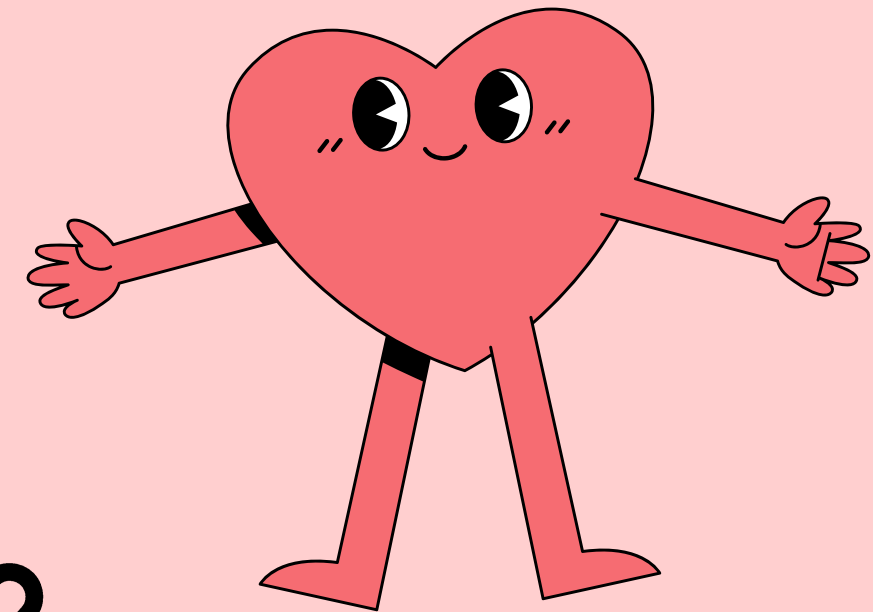


What's your goal today?



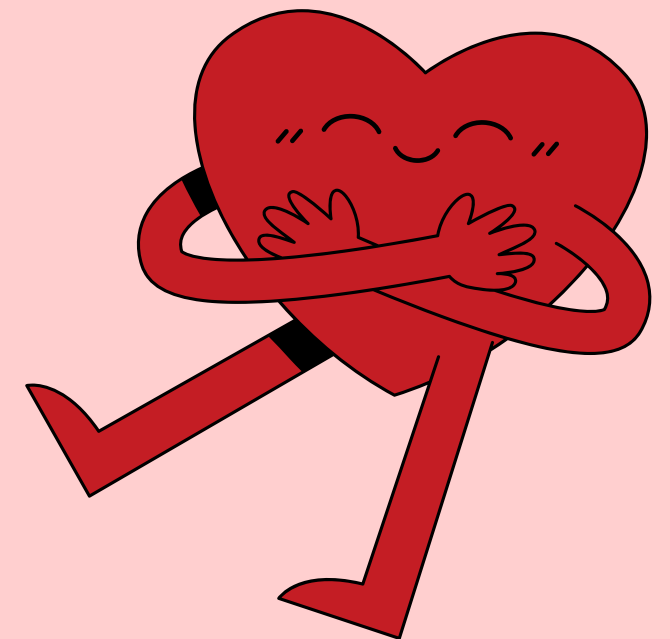
What brought you here?

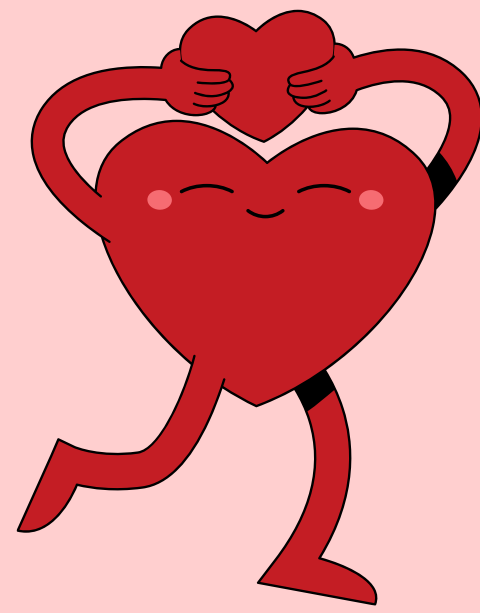
**What do you already know about
dating/relationships?**



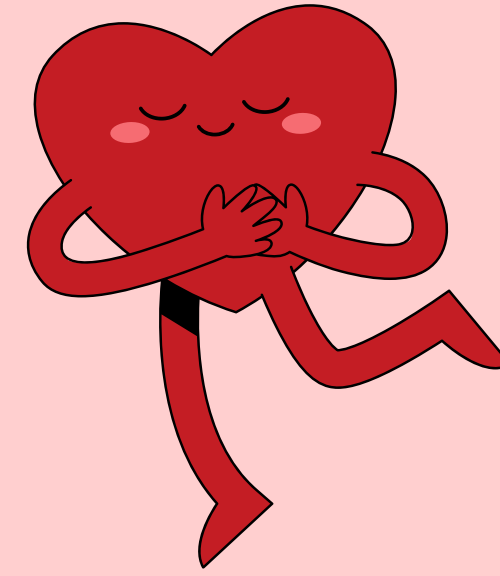
What's one thing you hope to learn?

**What would you like to take away from today's
webinar?**





Agenda



1. Signs of a healthy/unhealthy relationships

2. Practice Scenarios

3. How to handle conflict

4. What to do if something feels off

5. How the media portrays relationships

6. Questions, comments, concerns

Signs of a Healthy Relationship

Trust



Personal Responsibility



Honesty



Kindness

Comfortable Pace



Equality



Independence



Fun

Respect



Healthy Disagreement



Signs of an Unhealthy Relationship

Intensity 

 **Possessiveness**

Manipulation 

 **Isolation**

Sabotage 

Belittling



Volatility



Betrayal



Guilt



**Deflecting
Responsibility**



Behaviors In Action

Are these examples of healthy or unhealthy behaviors?

Your partner tells you how special you are and how much they care about you

Healthy

Your partner uses a name or pronoun that you don't like but stops using it once you correct them or ask them not to

Healthy

Your partner texts you more than you want them to and gets angry if you don't respond

Unhealthy

Behaviors In Action

Are these examples of healthy or unhealthy behaviors?

Your partner says you don't really love them because you want to go to a movie with a friend instead of spending time alone with them

Unhealthy

Your partner appreciates your passions and encourages you to do the things you love

Healthy

Behaviors In Action

Are these examples of healthy or unhealthy behaviors?

If you have a disagreement your partner uses the silent treatment and won't talk to you for days

Unhealthy

You always feel like your partner's wishes and goals come first

Unhealthy

You miss your partner when you go on vacation with your family, but you have a really good time anyway

Healthy

Behaviors In Action

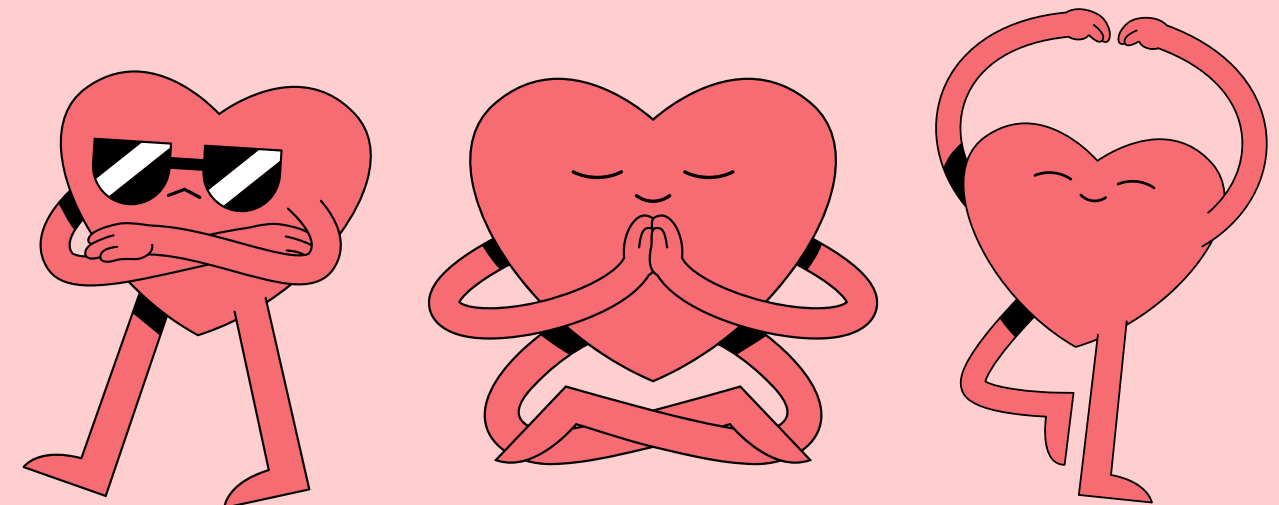
Are these examples of healthy or unhealthy behaviors?

Your partner refuses to spend time with your family, but still expects that you spend time with theirs **Unhealthy**

You had a really good day and can't wait to tell your partner because you know they will be excited to hear about it **Healthy**

What About Conflict?

Even within healthy relationships it's normal to have some conflict. You and your partner are different people and won't always agree on everything, that's ok! There are safe and healthy ways to mitigate these disagreements. However, constant conflict is **NOT** normal and can be a sign of an unhealthy relationship.



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.

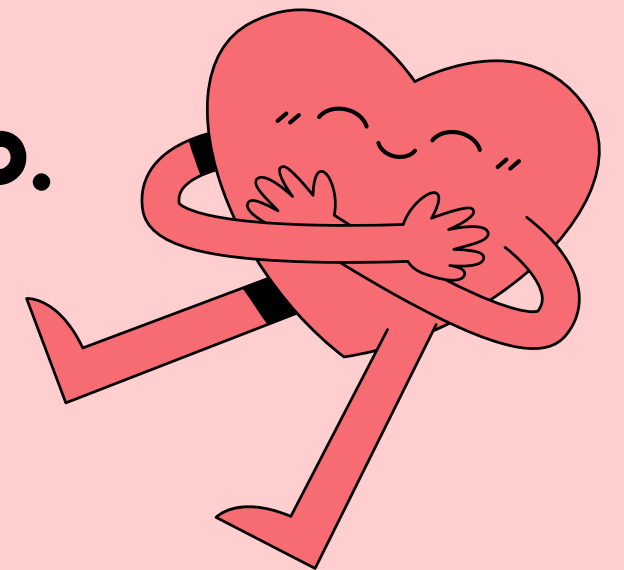
ASK questions— Asking clarifying questions can help both partners gain a better understanding of the situation.

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.

What to do if something feels off

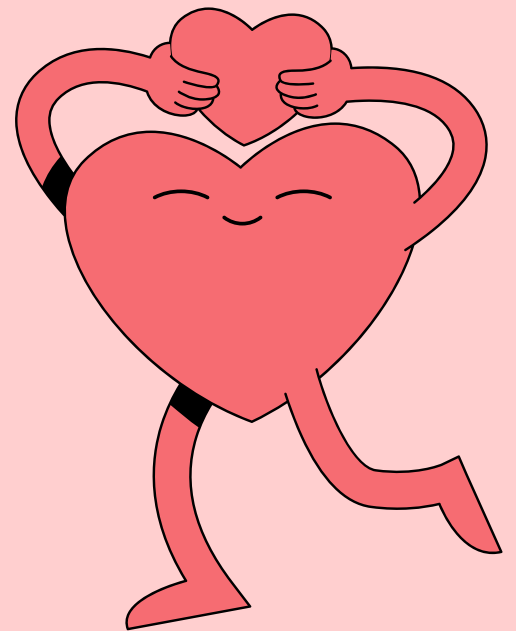
- Take concerns and worries to a trusted adult. Reaching out to an adult can be really helpful in finding a solution (even if it can be scary)
- Access Online resources, such as hotlines, community resources, and online chat rooms with professionals who can help
- Know that you don't deserve to be treated unfairly, have your boundaries crossed or not enjoy being in a relationship.



How to help a Friend

If you are worried that a friend or loved one may be in an unhealthy relationship there are ways to offer your support.

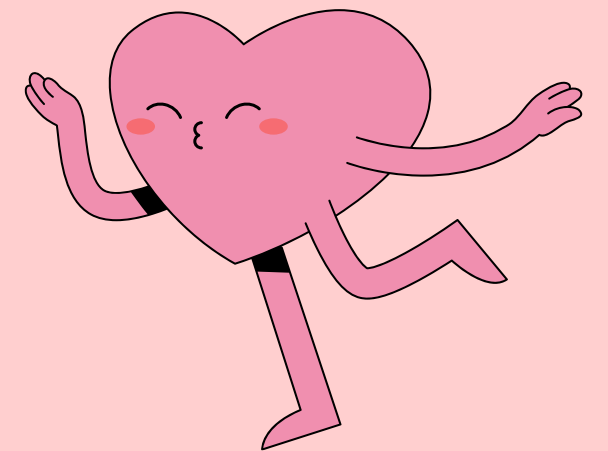
- Be there to support them and offer a non-judgmental ear. Talk to them about your concerns in private and don't share it with other people.**
- Believe the story your friend is telling you and make sure they know it's not their fault and they deserve to be treated with respect.**



How to help a Friend

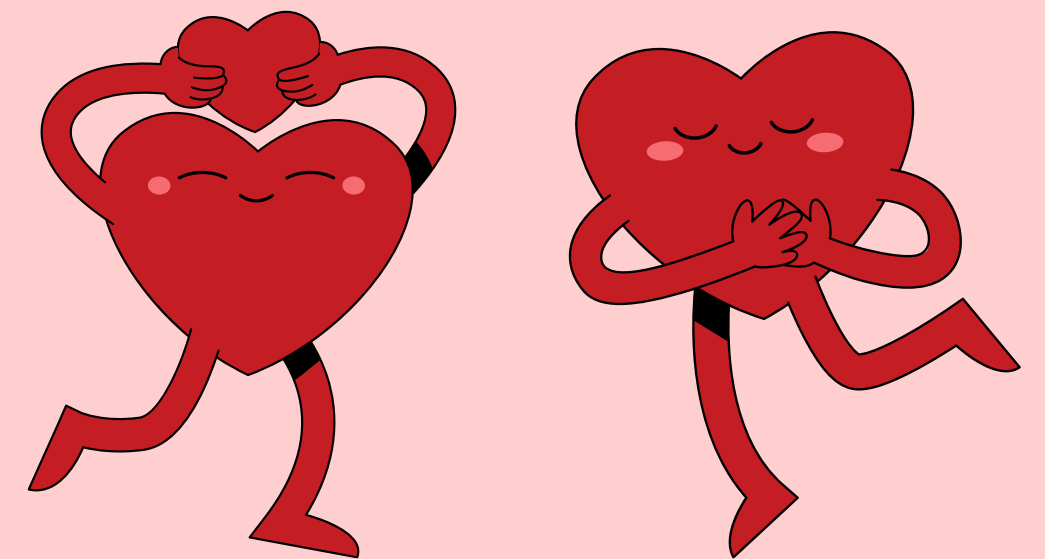
- **Help them decide who they can go to for help, and the resources available to them.**
- **Finally, let them make their own decisions about what they should do and offer your support in what they chose.**

Being in an unhealthy relationship can be really difficult and you may not even realize you're in an unhealthy relationship. That's why it's important to look out for warning signs and seek help when needed.



Relationships in the Media

Whether through social media, tv shows, movies or even romance novels, there are countless examples of relationships all around us. However, are they really healthy? Often the media portrays or even idealizes unhealthy relationships and relationship behaviors. When looking at different types of media it's important to be able to recognize these unhealthy behaviors when they appear, let's look at a few examples.



Grease: Sandy and Danny



Danny gets upset and loses interest in Sandy when she does not consent to sexual touching **Unhealthy**

Sandy changes her style and attitude in order to please Danny **Unhealthy**

Sandy shows up to support Danny at his big car race. **Healthy**

Princess and The Frog: Tiana and Naveen



Naveen lied to Tiana to try and get her help to no longer be a frog **Unhealthy**

Naveen helps Tiana work to create her restaurant **Healthy**

Tiana supports Naveen when he decided to step away from being a prince **Healthy**

Twilight: Edward and Bella



Edward goes back and forth between being very kind to very cold and distant

Unhealthy

Edward lies to Bella about his behavior and tells her that "no one will believe her"

Unhealthy

Edward places Bella in danger and says he is

the only one that can protect her. **Unhealthy**

The Office: Kelly and Ryan



Kelly pretends to be pregnant to get Ryan to go on a date with her. **Unhealthy**

Ryan constantly looks for reasons to end his relationship with Kelly. **Unhealthy**

Ryan and Kelly both have friends outside of each other. **Healthy**

Ryan continues to pursue Kelly even when she is happy in another relationship **Unhealthy**

Friends: Ross and Rachel

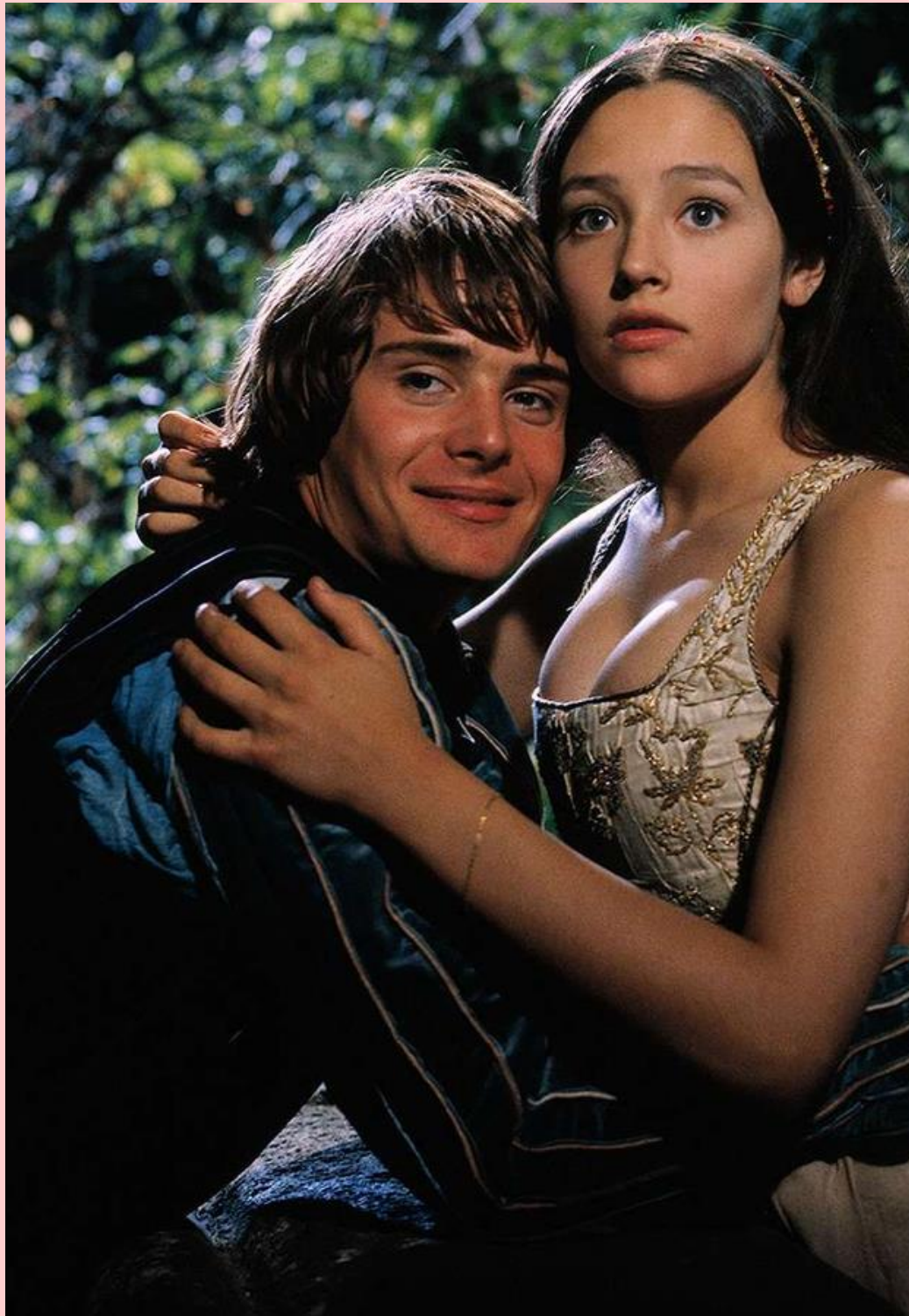


Rachel attends events to support Ross even though she's not the most interested in the subject **Healthy**

Rachel ignores Ross's concerns about not spending enough time together **Unhealthy**

Ross and Rachel both use past conflicts and actions against one another when arguing **Unhealthy**

Romeo and Juliet: Romeo and Juliet



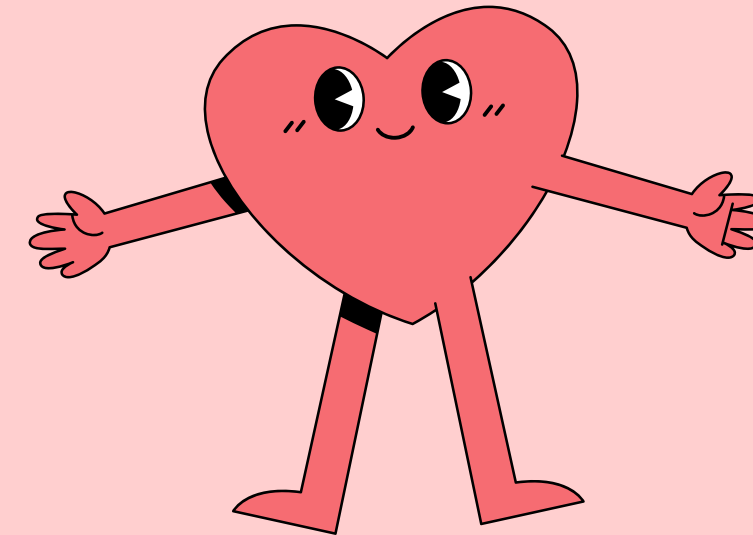
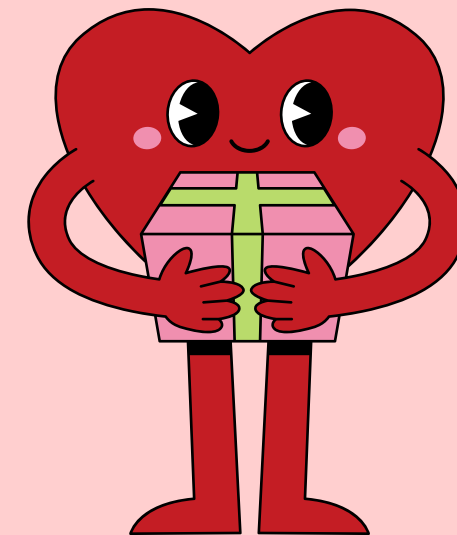
Romeo and Juliet decide to run away together after knowing each other for just a few days **Unhealthy**

Romeo cannot live without Juliet in his life and vice versa **Unhealthy**

Juliet and Romeo both stop speaking to their families and start lying to loved ones as a result of their relationship. **Unhealthy**

What does this mean?

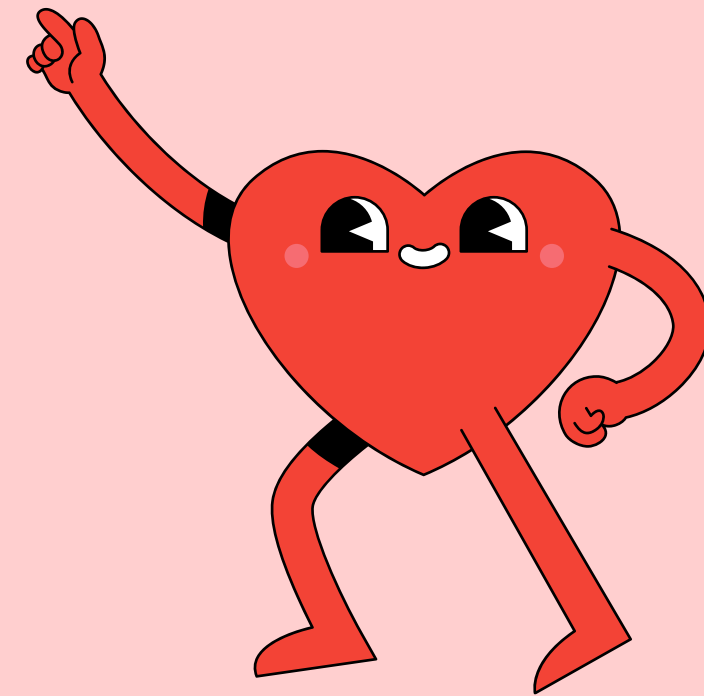
Of course this doesn't mean to stop watching your favorite shows, but next time your favorite on screen couples demonstrates some unhealthy relationship behaviors, take a moment to acknowledge them, and what could have been done to handle the situation differently. It is important to recognize how the media can present lots of unhealthy relationship behaviors as "the norm" and bringing attention to this can help to open the discussion to healthy relationship behaviors instead.



Let's Recap

Today we've gone over:

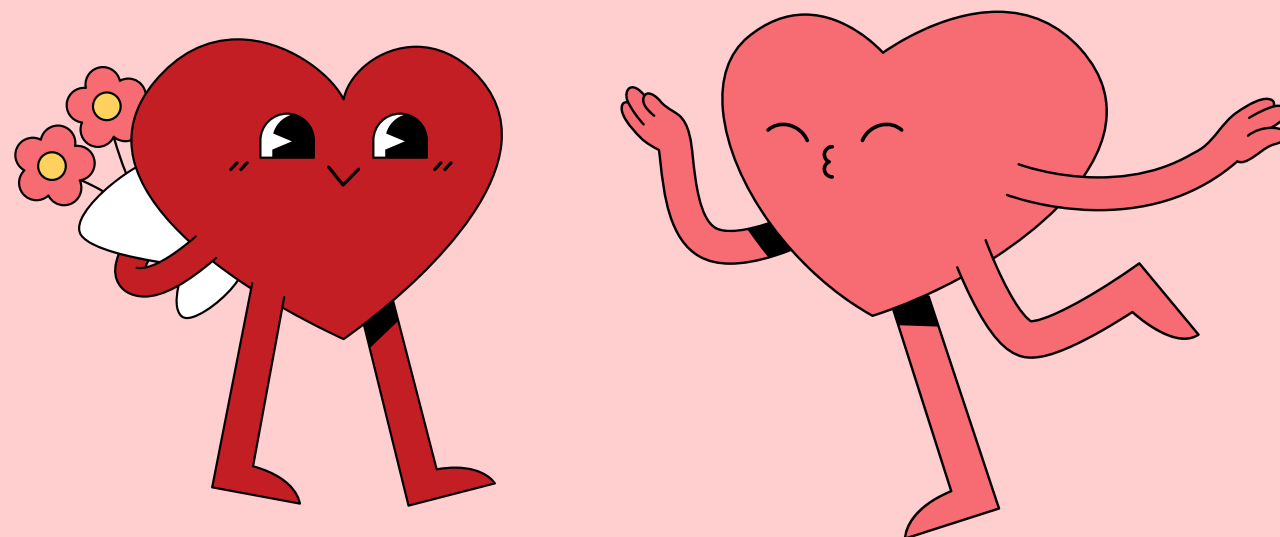
- 10 signs of healthy and unhealthy relationship behaviors
- Examples of those behaviors in action
- How to safely handle conflict
- What to do if something feels off
- How the media can portray unhealthy behaviors and examples



Time to Reflect

Think back to the intentions we set at the beginning of the webinar today...

- Did you learn something new or something you had hoped to learn more about?**
- Do you have something to take away from today's webinar?**
- Do you have any unanswered questions or things you want to ask?**





Q & A

What questions do you have ?

Available Resources

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