

Healthy • Unhealthy • Abusive



Healthy

Respect, equality & open communication

- I'm comfortable being myself
- I feel like I can hang out with whoever I want
- I have my own opinions
- I can communicate my wants and needs
- They are supportive of my choices
- They respects my boundaries
- I feel good about myself



Unhealthy

Red flags & concerning behavior

- I'm worried about them judging me
- They get jealous or mad if I hang out with other people
- I don't feel comfortable expressing my opinion
- I try to avoid making them mad
- I feel like I have to go along with whatever they want
- I don't always feel good about myself when I'm with them



Abusive

Use of power & control

- They make fun of me or put me down
- I can't have other friends
- I feel forced to do things I don't want to do
- They say things like: "You don't know what you're talking about"
- They don't respect my boundaries
- They control who I'm with, what I wear, what I eat and/or what I do
- They blame me for things that I don't have control over or didn't do
- I don't feel good about myself