

# Talking Points for Healthy, Unhealthy, and Unsafe Relationship Behaviors



Provided by the Centers for Disease Control and Prevention (CDC)

## In a healthy and safe relationship, each partner:

- **Keeps their individuality.** Each partner feels free to spend time apart, enjoy other friends, and keep the activities and interests that are important to them. Each person feels like they can be themselves.
- **Respects boundaries.** Partners give each other physical and emotional space and respect each other's privacy.
- **Listens.** Each partner takes the time to get to know the other person and what he/she values.
- **Points out the positive.** Each partner is respectful and encouraging toward the other person, including pointing out positive qualities and giving compliments.
- **Can agree to disagree.** It is expected that dating partners (like friends and other types of relationships) will not always share the same point of view or feelings about the same situations. The key to a healthy and safe relationship is how those disagreements or conflicts are handled.
- **Uses healthy communication.** It is important that each partner communicates in a healthy way. This includes being honest with each other and expressing thoughts and feelings by using respectful words.
- **Is an equal partner.** Each partner treats the other as an equal, and both make decisions in the relationship.
- **Has fun!**

## Unhealthy Behaviors:

- Your partner gets jealous when you make plans with other people.
- Your partner gets upset when you don't answer their chats, IMs, or texts right away.
- Your partner lies to you or keeps things from you to cover something up.
- Your partner makes fun of you, discourages you or destroys something that belongs to you.
- Your partner is reading your text messages or wants to know who you've been talking to online.

## Unsafe Behaviors:

- Making someone uncomfortable on purpose is called bullying.
- Trying to control someone with threats is called intimidation.
- Leaving threatening notes, showing up unannounced, and nonstop phone calls or text messages is called stalking.
- Calling names, spreading rumors, and threatening to hurt yourself to get what you want is called emotional abuse.
- Hitting, slapping, grabbing, or shoving is called physical violence.
- Forcing someone to kiss, hook up, or go further before they're ready is called sexual violence.