

ABOUT ONE LOVE

Founded in 2010 to honor the memory of Yeadley Love, One Love's mission is to end relationship abuse by educating young people about healthy and unhealthy relationship behaviors and empowering them to be leaders driving change in their communities. For more information, visit www.joinonelove.org.

10 SIGNS OF A HEALTHY RELATIONSHIP

EQUALITY You and your partner have the same say and put equal effort into the relationship (instead of feeling like one person has more say than the other). Examples are feeling like you are heard in your relationship or feel comfortable speaking up, making decisions together as opposed to one person calling all the shots, and equally compromising on decisions in your relationship to make the other person feel important or respected.

LOYALTY When your partner is reliable and you feel confident that they have your back. Some examples are when your partner is respectful and faithful, sticks up for you, doesn't take sides against you but helps you see the middle ground, and keeps your secrets safe. In a healthy relationship, you don't have to test the other person's loyalty, because you just know it's there. Sometimes people say, "We all make mistakes" and, "Nobody's perfect" to make excuses for disloyalty. If you find yourself saying that often, it's a red flag that the relationship may not be healthy.

HONESTY Being truthful and open with your partner. It's important to be able to talk together about what you both want. In a healthy relationship, you can talk to your partner without fearing how they'll respond or if you'll be judged. They may not like what you have to say, but in a healthy relationship, a partner will respond to disappointing news in a considerate way. Some examples are having good communication about what you both want and expect, and never feeling like you have to hide who you talk to or hang with from your partner.

TAKING RESPONSIBILITY You and your partner are both responsible for your own actions and words. You both avoid putting blame on each other and own up to your actions when you do something wrong. Examples are when your partner genuinely apologizes for their mistakes, avoids taking things out on you when they're upset, and tries to make positive changes to better your relationship.

INDEPENDENCE Having space and freedom in your relationship to do you. Examples are when your partner supports you having friends and a life outside of your relationship and not needing to be attached at the hip or know every little detail about your life.

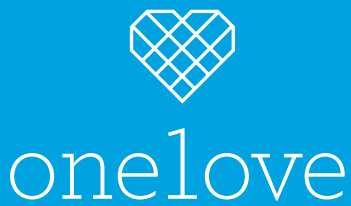
COMFORTABLE PACE You and your partner allow the relationship to happen at a pace that feels comfortable for both of you. Oftentimes, when you begin dating someone, you may feel that you're spending all of your time with them because you want to – that is great! But be sure that nothing feels imbalanced or rushed in the relationship. In a healthy relationship, nobody pressures the other to have sex, make the relationship exclusive, move in together, meet their family and friends, get married, or have a baby. When you do choose to take these steps, you both feel happy and excited about it—no mixed feelings.

COMPASSION Feeling a sense of care and concern from your partner and knowing that they will be there to support you, too. If you're in a healthy relationship, your partner will be kind to you, they will understand and be supportive of you when you're going through tough times, and they will lend a helping hand in times of need. An important caveat is that it has to be two-sided and displayed equally. You should never feel like someone is taking advantage of your kindness..

RESPECT If respect is present in your relationship, your partner will value your beliefs, opinions and who you are as a person. Examples are complimenting you, supporting your hard work and dreams, not trying to push or overstep your boundaries, and sticking up for you.

TRUST Believing your partner won't do anything to hurt you or ruin the relationship. Examples are when your partner lets you do things without them, has faith that you won't cheat on them, respects your privacy online (like who you text and Snapchat), and doesn't make you go out of your way or work hard to "earn" their trust.

COMMUNICATION If you can talk to your partner about anything—the good and the bad—this is a sign of a healthy relationship. Examples include feeling like your partner will listen to you when you need to talk, they are open to discussing further, and not feeling judged for your words or opinions.



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10 SIGNS OF AN UNHEALTHY RELATIONSHIP

INTENSITY Intensity involves having extreme feelings or exhibiting over-the-top behavior that feels like too much to the other person. Examples are rushing the pace of a relationship, always wanting to see you and talk to you, and feeling like someone is obsessed with you.

JEALOUSY An emotion that everyone experiences, jealousy becomes unhealthy when someone lashes out or tries to control you because of it. Examples can be getting upset when you text or hang out with people your partner feels threatened by, accusing you of flirting or cheating, being possessive over you or even going so far as to stalk you.

MANIPULATION Manipulation occurs when a partner tries to influence your decisions, actions, or emotions. Manipulation is not always easy to spot, but some examples are convincing you to do things you wouldn't normally feel comfortable doing, ignoring you until they get their way, and using gifts and apologies to influence your decisions or get back in your good graces.

ISOLATION Isolation keeps you away from friends, family, or other people. Examples can be when your partner makes you choose between them and your friends, insisting you spend all your time with them, making you question your own judgment of friends and family, and making you feel dependent on them for money, love or acceptance.

SABOTAGE Sabotage involves purposely ruining your reputation, achievements or success. Examples can be making you miss work, school or practice, keeping you from getting school work done, talking about you behind your back or starting rumors, and threatening to share private information about you.

BELITTling Belittling is anything that makes you feel bad about yourself. Examples can be calling you names, making rude remarks about who you hang out with, your family or what you look like, and making fun of you – even if it's played off as just a joke.

GUILTING Making you feel guilty or responsible for your partner's actions is a form of manipulation. Examples can be making you feel responsible for their happiness, making you feel like everything is your fault, threatening to hurt themselves or others if you don't do as they say or stay with them, and pressuring you to do something sexual that you're not comfortable with.

VOLATILITY Volatility involves unpredictable overreactions that make you feel like you need to walk on eggshells or do things to keep them from lashing out. Examples can be mood swings, losing control of themselves by getting violent or yelling, threatening to hurt you or destroy things, and making you feel afraid of them. This can also be drama or ups and downs in a relationship.

DEFLECTING RESPONSIBILITY Deflecting responsibility involves making excuses for one's behavior. Examples can be blaming you, other people, or past experiences for their actions, using alcohol or drugs as an excuse, and using mental health issues or past experiences (like a cheating ex or divorced parents) as a reason for unhealthy behavior.

BETRAYAL Betrayal occurs when your partner acts differently around you versus how they act when you're not around. Examples can be lying to you, purposely leaving you out or not telling you things, being two-faced, acting differently around friends, and cheating while in a relationship with you.

NATIONAL RESOURCES

Below is a list of trusted resources for you to utilize if you, a friend or family member needs help.

ONE LOVE MY PLAN APP

Can be found in the app store | joinonelove.org/my_plan_app

This app helps you determine if a relationship is unsafe and it helps create the best action plan by weighing an individual's unique characteristics. Additionally, a friend or family member can use this app to assess the danger of a loved one.

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233) | www.thehotline.org

NDV Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Call if you would like more resources or information, or if you are questioning unhealthy aspects of your relationship. On the website, you can also find a helpful chat feature in English and Spanish.

LOVE IS RESPECT

www.loveisrespect.org | 1-866-331-9474 or 1-866-331-8453 | text "loveis" to 22522

Contact LovelsRespect if you want to talk to someone, need advice about your relationship or a loved one's relationship, or if you have legal questions.

NATIONAL SEXUAL ASSAULT HOTLINE

1-800-656-HOPE | www.rainn.org

The National Sexual Assault Hotline provides basic information for victims or friends/family of victims, short-term crisis intervention and support, answers to questions about recovering from sexual assault, and resources to assist with the reporting process via hotline or chat.

HELPLINE

www.stopitnow.org/help-inquiry | 1-888-PREVENT

The 1-888-PREVENT number provides support, guidance and information to adults who wish to speak confidentially with the Helpline staff. You can also schedule a 30-minute phone consultation with Helpline Associates.

THE TREVOR PROJECT

www.thetrevorproject.org | 1-866-488-7386 | text "Trevor" to 1-202-304-1200

This resource provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people via hotline, text or chat.

CRISIS TEXT LINE

www.crisistextline.org | text 741741 | This resource provides free, 24/7 support for anyone in crisis.

STATE WIDE COALITIONS

Google your state-wide coalition (such as: "New York State-Wide Coalition") to find a list of all of the domestic violence support centers in your state. *Please keep in mind that many abusive partners check their partner's electronic devices, so if you want to go on a website or call a hotline, you may want to do it from a friend's device or public device.