

# Promoting Healthy Relationships and Safe Learning at MC!



## 10 SIGNS OF AN UNHEALTHY RELATIONSHIP

Understanding these behaviors can help you figure out if you're in an unhealthy or dangerous relationship. Many times, these behaviors are used to gain power or control and can have a negative impact on your wellbeing or day-to-day life. In some cases, these unhealthy behaviors can escalate to violence. If you feel like something might be off in your relationship, trust your gut and get help.

1. INTENSITY
2. JEALOUSY
3. MANIPULATION
4. ISOLATION
5. SABOTAGE
6. BELITTILING
7. GUILTING
8. VOLATILITY
9. BETRAYAL
10. DEFLECTING RESPONSIBILITY



## 10 SIGNS OF A HEALTHY RELATIONSHIP

Healthy relationships are ones that bring out the best in you. Even though no relationship is perfect, healthy relationships make you feel good almost all of the time and generally bring you up and not down. At the end of the day, the below characteristics in a healthy relationships make you feel confident and supported.

1. COMFORTABLE PACE
2. TRUST
3. HONESTY
4. INDEPENDENCE
5. RESPECT
6. COMPASSION
7. EQUALITY
8. COMMUNICATION
9. LOYALTY
10. TAKING RESPONSIBILITY



## Safety Planning can save LIVES!!!

- **Are you in a healthy relationship?** Take the quiz to find out: <https://www.loveisrespect.org/printable-quizzes/>
- **Are you a good partner?** Find out at <https://www.loveisrespect.org/printable-quizzes/>
- Do you have a personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you're in danger (**Safety Plan**)? If not, get your **Safety Plan** at <https://www.loveisrespect.org/for-yourself/safety-planning/>

Please contact Angela Dawson, VAWA Coordinator for assistance or referral to resources, 7-9189 or [angela.dawson@montgomerycollege.edu](mailto:angela.dawson@montgomerycollege.edu)

Voices Against Sexual Violence

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