



KATIE BROWN EDUCATIONAL PROGRAM

Promotes Respectful Relationships by
Teaching Relationship Violence Prevention

Healthy vs. Unhealthy Relationships

Healthy Relationships Have...

- Communication: Mutual open and honest communication about needs and feelings. Saying what you mean and meaning what you say.
- Other Relationships: Friendships can be created and maintained outside of the relationship
- Boundaries: Clear limits that are understood and respected. No means no.
- Arguments: Arguments can be resolved and both people feel heard and respected. Knowing it is okay to disagree.
- Trust: Understanding that the other person cares for them and is in the relationship voluntarily.
- Responsibility: Responsibility for individual actions and behaviors. Not making excuses and admitting when you're wrong.
- Growth: Feeling like you can explore dreams and have interests outside of the relationship.

- Security: Feeling that you both work together to make the relationship good for both of you.
- Respect: Acceptance of each others opinions and the ability to move on if the relationship ends.
- Happiness: Confusion and sadness a lot of the time. Feeling like things are out of control.

Unhealthy Relationships Have...

- Communication: Manipulation, guilt or threats to communicate needs and feelings.
- Other Relationships: A feeling of isolation, controlling who ones sees or spends time with.
- Boundaries: Lack of boundaries or disregard for boundaries.
- Arguments: Arguments that end in screaming, hitting, pushing, throwing of objects, destroying gifts, rape or threats.
- Trust: Constant checking on the other person and invading their space.
- Responsibility: Making excuses or blaming others for behaviors or actions. Acting like abuse is okay in a relationship by making jokes and minimizing the abuse.
- Growth: A feeling of being stifled, trapped, and stagnant.
- Security: Fear of the other person or not knowing what to expect. Feeling like they never understand you.
- Respect: Criticism of each others opinions and an inability to let go when the relationship is over.
- Happiness: Confusion and sadness a lot of the time. Feeling like things are out of control.