

What are my dating red flags?

How do I know if I am in a toxic relationship?

Dating means different things for everyone. In general, dating means two or more people in an consensual intimate relationship



Dating abuse is a pattern of coercive, intimidating, or manipulative behaviors used to exert power and control over a partner.



**VALLEY
CRISIS CENTER**

A Program of Alliance for Community Transformations

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Everyone
deserves a safe
relationship



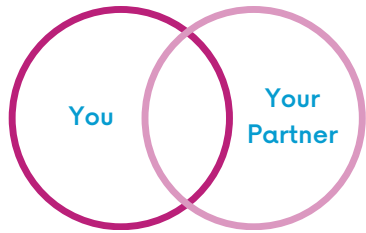
Am I in a toxic relationship?

Does jealousy mean my partner cares about me?

Information on
Dating Violence



Relationship Boundaries



Healthy Relationships

Independence plays an important role in healthy relationships. While it is important to do activities as a couple, it is equally important to have interests and hobbies outside your relationship.



Unhealthy Relationships

Relationships where you and your partner lead separate lives, completely disconnected from one another. Often couples feel disconnected from each other emotionally and physically.



Abusive Relationships

You and your partner are immersed in each other's lives. Your sense of identity is hard to distinguish from your relationship. Often one partner makes all the decisions.

The Relationship Spectrum

Healthy relationships are based on respect and equality

A healthy relationship is when both partners are making decisions together as well as have disagreements in a safe and calming environment. A few characteristics of a healthy relationship:

- Respect
- Trust
- Clear communication
- Equality

Unhealthy relationships are defined by attempts to control the other person

One partner tries to control most the decisions about the relationship. They may pressure their partner about sexual acts or minimize their partners' feelings about a situation. Here are a few hallmarks of a unhealthy relationship:

- Pressure
- Dishonesty

Abusive relationships are based on an imbalance of power and control

One person is clearly making all the decisions about sexual choices, friend groups, boundaries, even what is true and what is not. You spend all of your time together and you feel like you can't talk to other people about whats going on in your relationship.

- Gaslighting
- Manipulation

Myths, Truths, Facts

Myth: If my partner is jealous of my friends it means that they care about me.

Truth: 1 in 2 teens who have been in a serious relationship say they have gone against their beliefs in order to please their partner

Myth: Abuse in teen relationships will eventually stop as they get old. It is just a phase.

Truth: 1 in 3 girls between the ages of 16 & 18 say sex is expected for people their age if they are in a relationship.



Fact: Jealousy is often an abuser's excuse to control and isolate their partner. While jealousy can be a natural feeling, it depends what you do with the feeling. If their jealousy is turning into telling you where to go and who to talk to, it can become unhealthy.



Fact: Abusive relationships involve a pattern of controlling behaviors that can span a lifetime and multiple victims.