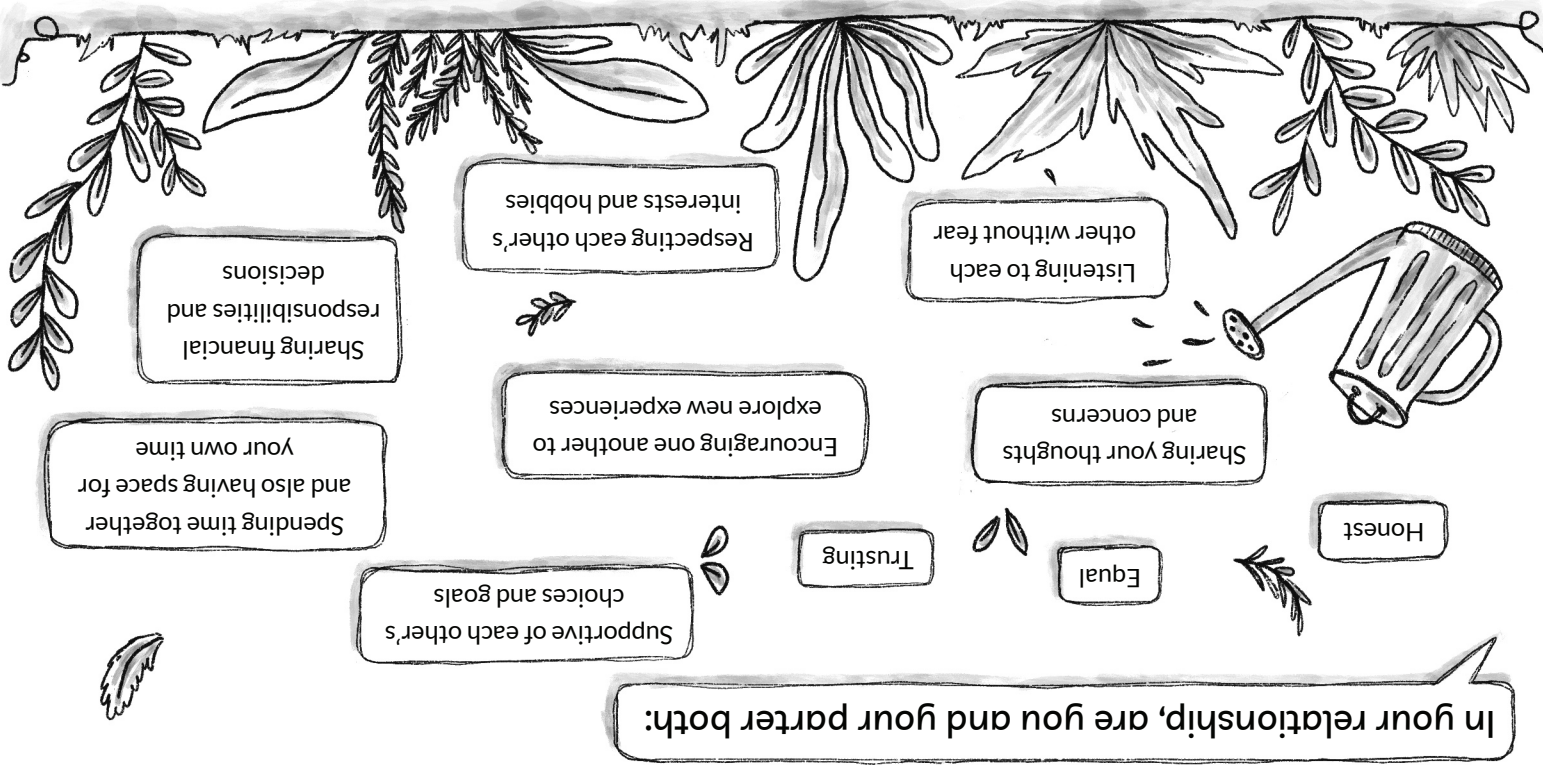


(Resource list)



What are the signs of an unhealthy relationship?



Every relationship is different, but all relationships should feel respectful and equal.

All healthy relationships have conflicts, but how we handle them matters. It should feel mutual, safe, and respectful. You should never feel afraid, or silenced. In healthy relationships, disagreements are moments to grow together, not tear each other down.

If you notice warning signs or red flags, don't ignore them.

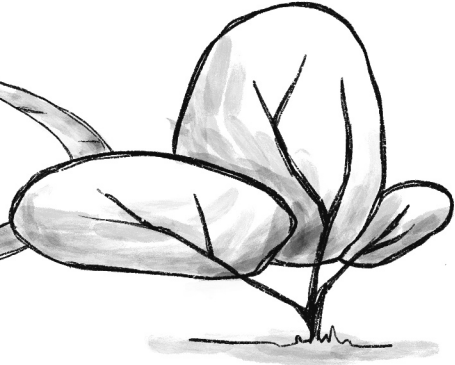
Sometimes a partner might say these behaviours are just how they show "love" or "care." Some of these behaviours may also be considered normal in your culture, religion, or community which can make it harder to recognise them as harmful. Even if your situation looks different, many signs of abuse share similarities.



Ask yourself: Does my partner...

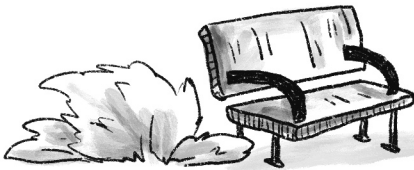
Make love feel like control and surveillance, not trust?

- ☞ Constantly call or send messages
- ☞ Make me feel guilty for or stop you from seeing friends
- ☞ Act jealous and possessive
- ☞ Control what I wear or how I look
- ☞ Not include me in financial decisions and controls money



Leave me feeling small, afraid or ignored?

- ☞ Criticize or make you feel small
- ☞ Blame you for their problems
- ☞ Ignore your needs or boundaries
- ☞ Make you feel like everything you do is wrong



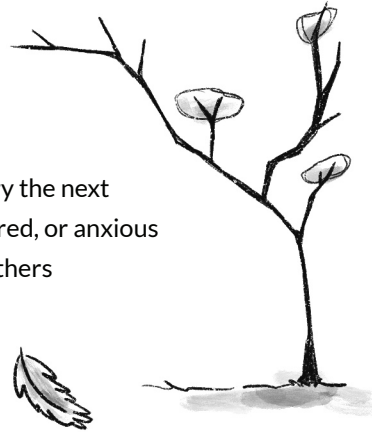
Make me feel isolated or manipulate me?

- ☞ Stop me from seeing loved ones
- ☞ Make me feel dependent or alone
- ☞ Threaten self-harm to stop me from leaving



Act unpredictability?

- ☞ Loving one moment, angry the next
- ☞ Make me feel unsafe, scared, or anxious
- ☞ Threaten to hurt me or others



Physically or sexually abuse me?

- ☞ Push, hit, choke, or hurt me
- ☞ Pressure or force me to have sex
- ☞ Ignore my sexual boundaries

It's okay to feel unsure. If or when you feel ready, you can create a safety plan or reach out to someone you trust or a support service. You deserve to talk to someone who will listen without judgment, and who can help you explore your options.

If you answered yes to any of these questions, know this:

**Abuse is never your fault.
You are not alone.
Support is available.**

