IS YOUR RELATIONSHIP HEALTHY?

All relationships exist on a spectrum from healthy to abusive, with unhealthy relationships in the middle.

Healthy relationships do not mean "perfect" ones, and no relationship is healthy 100% of the time. The info below relates to all of your relationships, not only romantic ones! While everyone makes mistakes sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthier behaviors. If you are seeing unhealthy signs in your relationship(s), it's important to pay attention to them and recognize signs of abuse. If you think you are in a dangerous situation, trust your gut and get help from a trusted adult, such as your school nurse or school-based health center.

Healthy Relationships

- Open communication
- Respect
- Consent
- Honesty
- Boundaries
- Equality
- Making mutual decisions
- Fun/enjoyment
- Independence
- Trust
- Healthy conflict
- Safety/comfort

Unhealthy Relationships

- Not communicating
- Lack of privacy/boundaries
- Only spending time together
- Disrespectful treatment
- Lack of trust/suspicion
- Trying to take control
- Dishonesty
- Apologizing but not changing
- Jealousy
- Lovebombing
- Moving too fast

Abusive Relationships

- Mistreating partner
- Communicating in a harmful way
- Violence or threats
- Isolating partner
- Controlling what you do or who you are around
- Accusing the other of cheating when it's not true
- Forcing/pressuring you to do something you don't want to

TAKE THE QUIZ TO FIND OUT IF YOUR RELATIONSHIP IS HEALTHY:

FOR EDUCATIONAL PURPOSES ONLY, REFER TO LOCAL LAWS AND RESOURCES FOR MORE HELP

- Joinonelove.org
- Loveisrespect.org
- Call: 1.866.331.9474
- Text: LOVEIS to 22522
- Myplan Teen app
- Call: 988

NEW MEXICO ALLIANCE FOR SCHOOL-BASED HEALTH CARE