IS YOUR RELATIONSHIP RIGHT FOR YOU?
Healthy relationships do not include name calling, bullying, spying or posting embarrassing information online. Your partner should make you feel good about yourself and encourage you to be successful. A healthy relationship is not one-sided. Your partner should want you to have friends and close relationships with your family.

RED FLAGS: LOOK OUT FOR CUES THAT MIGHT MEAN YOU ARE IN AN ABUSIVE RELATIONSHIP:
You feel afraid to break up with your partner.
You feel tied down and feel like you have to check-in with your partner.
You feel afraid to make decisions or to bring up certain subjects so that the other person won’t get mad.
You are physically or emotionally abused by your partner.
You feel pressured to do things you do not enjoy.

KEYS TO A HEALTHY RELATIONSHIP:
Communication:
“I have no problem talking with my boyfriend about anything. We have learned it is best to be honest, respectful and clear with each other.”

Friendship:
“My girlfriend and I share common interests and we really enjoy spending time together.”

Trust:
“I want my partner to have good relationships with other friends and family members. Our relationship is not based on jealousy.”

The Alabama Healthy Marriage and Relationship Education Initiative (AHMREI) wants everyone to be “relationship smart.” AHMREI is a partnership between Auburn University’s Center for Children, Youth and Families and a network of other state and community agencies focused on fostering healthier relationships throughout Alabama. AHMREI provides programs and online resources for individuals and couples in any and all stages of their relationships (including singles and non-married parents).

Join us for a FREE workshop to re-energize yourself or your relationship. Make the decision to keep your relationship healthy. If you have questions or want to attend a Free workshop, call the location nearest you or visit www.RealTeenRelationships.com.
If you are in an abusive relationship
PLEASE CALL
1-800-650-6522
Alabama Domestic Violence Hotline

LOOK OUT AND SPEAK OUT
ONLINE
NATIONAL TEEN DATING ABUSE HELPLINE
1-866-331-9474 / 1-866-311 8453 TTY
www.LOVEISRESPECT.org
ALABAMA COALITION AGAINST DOMESTIC VIOLENCE
www.acadv.org

ALWAYS BE TREATED WITH RESPECT
In a respectful relationship, you should be treated as an equal.

BE LOVED FOR WHO YOU ARE
A healthy relationship involves honesty, trust, and communication.

NOT BE HURT PHYSICALLY OR EMOTIONALLY
You should feel safe in your relationship at all times.

REFUSE AFFECTION AT ANY TIME
A healthy relationship involves respecting each other’s feelings and thoughts about affection.

HAVE FRIENDS AND ACTIVITIES APART FROM YOUR BOYFRIEND OR GIRLFRIEND
Spending time by yourself, with male or female friends, or with family is normal and healthy.

END A RELATIONSHIP
You have the right to speak up and end a relationship for any reason you choose without threats or harassment from your partner.

ABUSE IS NEVER DESERVED
AND IS NEVER YOUR FAULT
Problems should be resolved in a peaceful and respectful way.

SPEAK OUT/LOOK OUT TIPS
Talk with your partner about what kind of relationship you want.

Watch out for behaviors that you do not like or that bother you (actions speak louder than words).

Make sure that any changes you make are your choices and not made just because your partner wants you to change.

The purpose of this publication is the dissemination of technical information. Funding is provided through a grant from the U.S. Department of Health and Human Services - Healthy Marriage Demonstration Grant #90-FM0006. The opinions, findings, and conclusions or recommendations expressed in this document and associated materials are those of the author(s), and do not necessarily reflect the views of the U.S. Department of Health and Human Services Administration for Children and Families.