

Is it time to **PUT THE BRAKES ON YOUR RELATIONSHIP?**



GREEN LIGHT (healthy relationship)

Relationships are based on equality and respect

- Make decisions together
- Openly discuss challenges
- Enjoy spending time together or apart



YELLOW LIGHT (unhealthy relationship)

Relationships are based on attempts to control the other person

- One person tries to make most of the decisions
- One person pressures their partner about sex
- One person does not see how their actions can be hurtful
- Pressure to spend time only with your partner



RED LIGHT (abusive relationship)

Relationships are based on power and control

- One person makes all of the decisions about sexual choices, friends and boundaries
- Pressure to spend all free time together
- Playing mind games by making you feel guilty or crazy
- Afraid to talk about what is really happening in the relationship
- Living in fear because of threats or acts of physical violence
- Having things destroyed

Hastings Prince Edward Public Health

1-800-267-2803 | 613-966-5500

hpePublicHealth.ca

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