

# The relationship spectrum

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



## Healthy relationships are based on equality & respect

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

- respect
- good communication
- trust
- honest
- equality



## Unhealthy relationships are based on attempts to control the other person

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

- breaks in communication
- pressure
- dishonesty
- struggles for control
- inconsiderate behavior



## Abusive relationships are based on an imbalance of power & control

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

- accusations
- blame shifting
- isolation pressure
- manipulation



This project described was supported by Grant Number 90EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. The opinions, findings, conclusions and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services.

love is  
respect

For resources and support in your own community,  
call NH's 24-hour helpline at 1-866-644-3574

# **CHARACTERISTICS OF A HEALTHY RELATIONSHIP**

**Respect**

**Safety**

**Support**

**Individuality**

**Fairness and Equality**

**Acceptance**

**Honesty and Trust**

**Communication**



# RESOURCES

NH's 24/7 Domestic and Sexual Violence Helpline:  
**1-866-644-3574**



For more information on resources and supports for survivors of domestic and sexual violence, visit [NHCADSV.ORG](http://NHCADSV.ORG) or contact your local Crisis Center.

Find your local  
Crisis Center



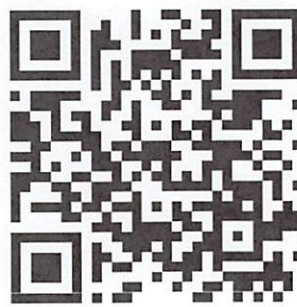
NHCADSV's  
Resources on  
Teen Dating  
Violence



Learn more  
about  
comprehensive  
prevention  
programming  
across NH



Learn more  
about mandated  
reporting  
through Granite  
State Children's  
Alliance



**Thank you so much for your participation in  
Granite State Respect Week 2023!**