

WHAT ARE UNHEALTHY RELATIONSHIP BEHAVIOURS?

When I'm with Mario, I feel really stupid. It's just the way he talks to me... It makes me sort of sad. Is that normal?

Feeling insecure, sad, or stupid in a relationship is a big red flag! You should feel supported and respected. Trust your feelings, and don't hesitate to ask for help if you feel confused!

Feeling jealous is normal. Nobody feels sure about themselves 100% of the time. But it is not OK to control your partner just because you feel insecure. Do you really want to hang out with somebody who doesn't want to be there?

I don't want you to hang out with your friends tonight! I don't trust them, and it makes me really sad when you leave.

Do you remember the porn we watched last week? I know you said you didn't like it, but I think you will like this one. Let's just try it!

Pushing somebody to try sexual things they aren't ready for is very unhealthy and disrespectful. Even if you feel this behaviour is common, it is extremely harmful and hurts your favourite person. Isn't it better to have fun instead?

If the person you're dating threatens to harm themselves, this is serious abuse. Even though they are not threatening to hurt you, they are using the threat of violence to control you.

Marie said that she will cut herself if I leave her. I'm really scared!



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WHAT ARE **HEALTHY** RELATIONSHIP BEHAVIOURS?

I feel like I can talk about anything with Mario. He really listens and always wants to know what I think.

In healthy relationships, **open communication** is the answer! If you don't express your opinions and emotions, it might be very challenging for another person to understand and meet your needs.

In healthy relationships, you and your partner show **mutual support** and want each other to be successful and happy – even if you want different things.

No, I really don't mind that Christine got a better grade than me. She worked so hard and let's face it – she's awesome!

... then I told him that I didn't want to have sex tonight, but just hang out. And he just said ok and gave me a hug. That felt really good!

In a healthy relationship, **trust is key!** Remember that wanting different things doesn't mean that someone doesn't care about you. It means that they have different needs and interests – and this is beautiful and normal.

Remember that sometimes, even when you express your feelings and emotions, **people can still decide not to meet your needs.** But that's ok, because your partner still loves you, even when they're with their friends.

Yes, I sometimes feel a bit alone when Fred is out with his friends, but I understand that he needs time alone.

GET SUPPORT

Is your relationship unhealthy or even abusive? Ask for advice and support from friends, trusted adults, or organisations like us – it is not your fault!

Are you too dominant, can't control your jealousy and have unhealthy behaviours in your relationship? You can learn healthy ways to deal with your bad emotions.

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