



Instructions

The Relationship Spectrum helps individuals or groups to learn about healthy, unhealthy, and abusive relationships.

1. Print double-sided on standard copy or cardstock paper.
2. If you do not have a 'duplex' printer, you can print page one and then reinsert the paper according to your printer's instructions to print the second side.
3. Cut out each card along the printed border lines to create individual cards.
4. Discard this instruction card.

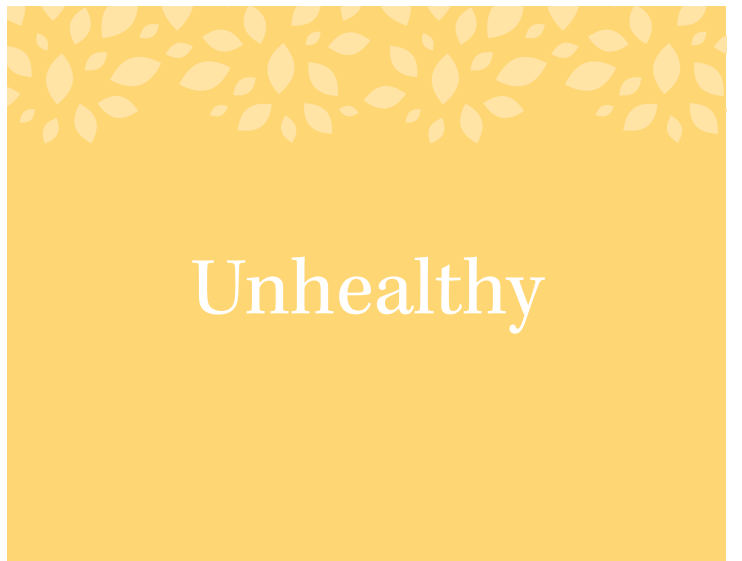


The Relationship Spectrum

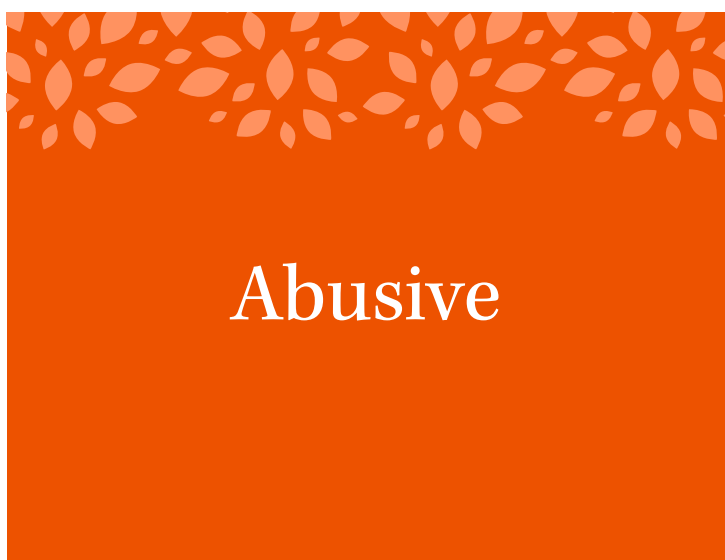
All relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle.



Healthy



Unhealthy



Abusive



Community Resources

National Teen Dating Abuse Helpline
866-331-9474 or text "loveis" to 22522
www.loveisrespect.org

Huckleberry House 24 hour Crisis/Shelter
614-294-5553
www.huckhouse.org

Where's The Line?
844-234-5463 or text to 87028
www.wherestheinfo



For more information, visit loveisrespect.org

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UNHEALTHY

- Breaks in communication
- Pressure
- Dishonesty
- Struggles for control

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 or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.



HEALTHY

- Respect
- Good communication
- Trust
- Honesty
- Equality

Healthy relationships are based on equality and respect.

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



Information provided by loveisrespect.org.
Distributed by The Center for Family Safety and Healing.



ABUSIVE

- Accusations
- Blame shifting
- Isolation
- Pressure
- Manipulation

Abusive relationships are based on power and control.

One person is making all of the decisions – about 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.