YOU DESERVE

HEALTHY RELATIONSHIPS

HEALTHY RELATIONSHIP SIGNS

These are signs of a healthy and mature relationship. Green may mean *safe* to proceed.

- Makes me feel safe
- Listens to me
- Values my opinions
- Is truthful with me
- Always tries to understand how I feel
- Likes that I have other friends
- Trusts me
- Treats me as an equal
- Respects my family
- Is kind, even in disagreements

Used with permission from Soroptimist International Great Britain and Ireland.

#WhereToTurn

City of St. Albert
Cultivate Life

UNHEALTHY RELATIONSHIP SIGNS

These are signs of an unhealthy relationship. Red calls attention to issues – *stop and watch out*.

- Tries to control me
- Is jealous
- Loses temper quickly, yells, curses
- Always blames me
- Has threatened me
- Keeps me from seeing my friends and family
- Embarrasses me in front of others
- Makes me feel afraid
- Threatens to leave me if I do not do as I am told
- Teases, bullies and puts me down

If you or someone you know needs help, there is support. Scan the QR code below for resources.

SCAN ME

You are not alone.

