

# RANGE OF BEHAVIOUR IN A RELATIONSHIP

## Healthy

- talking about your feelings
- respecting date or partner's friends and activities
- considering the other person's opinions and feelings
- stating differences of opinions
- respecting differences in other person
- having an equal say and opportunities in the relationship
- figuring out a solution that is good for both of you

## Un-healthy

- believing people of one gender have more rights than those of the other
- yelling when you are angry at your date
- using the "silent treatment"
- pouting to get what you want
- pestering your date or partner until you get what you want

## Abusive

- dominating and controlling the other person
- trying to keep your partner away from friends
- name-calling / put-downs
- breaking date or partner's possessions
- threatening to harm your date, partner, their friends or family
- intimidating, hitting, biting, burning
- restraining or holding another person against their will
- using scare tactics
- forcing sexual touching
- using sexual put-downs
- forcing sex

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*London Abused Women's Centre, 2002  
Adapted from: The Body Shop, Expect Respect flyer  
(adapted with permission from the City of Edmonton Community & Family Services' brochure)*