

Is it time to **PUT THE BRAKES ON YOUR RELATIONSHIPS?**



GREEN LIGHT (healthy relationship)

Relationships are based on equality and respect

- Make decisions together
- Openly discuss challenges
- Enjoy spending time together or apart



YELLOW LIGHT (unhealthy relationship)

Relationships are based on attempts to control the other person

- One person tries to make most of the decisions
- One person pressures their partner about sex
- One person does not see how their actions can be hurtful
- Pressure to spend time only with your partner



RED LIGHT (abusive relationship)

Relationships are based on power and control

- One person makes all of the decisions about sexual choices, friends and boundaries
- Pressure to spend all free time together
- Playing mind games by making you feel guilty or crazy
- Afraid to talk about what is really happening in the relationship
- Living in fear because of threats or acts of physical violence
- Having things destroyed



Durham Health Connection Line | 905-668-2020 or 1-800-841-2729
durham.ca/sexualhealth



Adapted with permission from York Public Health