Mayor's Office to Combat Domestic Violence

NYC HEALTHY RELATIONSHIP TRAINING ACADEMY

5 Signs of a Healthy Relationship:

Your Partner...

1. Treats you as an equal and respects you.
2. Asks your opinion and is comfortable with you having different opinions.
3. Apologizes when he/she is wrong and accepts your apology when you are wrong.
4. Does not feel threatened by your friendships with people of either sex.
5. Encourages you in your goals and dreams.

Help is Available! Call 1-800-621-HOPE (4673) or 311

In an emergency, dial 911

For more information, visit www.nyc.gov/domesticviolence

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NYC HEALTHY RELATIONSHIP TRAINING ACADEMY

5 Signs of an Unhealthy Relationship:

Your Partner...

1. Calls/texts/IMs you constantly and/or checks your email.
2. Embarrasses or insults you in front of others.
3. Acts jealously and does not want you to spend time with others.
4. Consistently criticizes your friends, clothes, or interests.
5. Threatens to commit suicide and/or hurt you if you break-up.

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