



A HEALTHY RELATIONSHIP

Checklist



Green Flags

- ☐ Both people have input into making decisions
- ☐ Communication is open, honest, and effective
- ☐ Both people maintain their individual identities
- ☐ Boundaries are respected and honored
- ☐ Both people support and appreciate each other
- ☐ Partners listen without judgement and make each other feel heard
- ☐ There is a sense of safety and security
- ☐ Both people take accountability and apologize when needed

Red Flags

- ☐ One person makes important decisions without consulting the other
- ☐ There is excessive jealousy or insecurity
- ☐ A partner wants you to spend all your time with them
- ☐ Invasion of privacy such as excessive monitoring of activities and whereabouts
- ☐ A partner is excessively moody and has an explosive temper
- ☐ One person criticizes or belittles the other
- ☐ A partner resorts to threatening and physical violence
- ☐ The other person always makes you feel like you are in the wrong

ALL RELATIONSHIPS TAKE WORK AND ACCOUNTABILITY.
KNOW THE WARNING SIGNS IF YOU OR SOMEONE YOU LOVE
IS EXPERIENCING DATING VIOLENCE.

