



For Adults: Healthy, Unhealthy, Abusive Relationships

Relationships vary from casual to serious, but the bottom line is that *all relationships* should be healthy, safe and free from fear.

It's important to help your children or students identify what healthy relationships are and are not. Talk to them early on and often; remember to not judge, blame, shame or jump to conclusions. This may be difficult but it's crucial to keeping the communication door open. Want more info on how to talk to your teen? Check out our Love Is Not Abuse [Parent Resource guide](#).

Use the simple list below to create scenarios with young people to help them understand the depth of unhealthy and abusive relationships. Ensure that they know they deserve to be in a relationship that is healthy - one that makes them feel happy, safe, and respected.

Healthy Relationships Are...

- Built on trust, honesty and communication
- Respectful
- Honest
- Lots of fun, laughter and good vibes
- Include boundaries and privacy

Unhealthy Relationships Are...

- Lack trust, are filled with blame and guilt
- Jealous
- Disrespectful
- Filled with blurred lines and boundaries
- Moments of confusion or loss

Abusive Relationships Are...

- Extremely disrespectful and degrading
- Threatening
- Based on fear, power and control
- Dangerous
- Lack boundaries, trust and communication

Break the Cycle inspires and supports young people to build healthy relationships and create a culture without abuse. Our dynamic and diverse team believes that all young people deserve to live in a world where they can thrive. Our values and work centers young people and their lived realities, leadership, vision, and hopes for the future.