

The relationship spectrum

All relationships exist on a spectrum from healthy to abusive, with unhealthy somewhere in the middle.



Healthy relationships are based on equality & respect

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

- respect
- good communication
- trust
- honest
- equality



Unhealthy relationships are based on attempts to control the other person

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

- breaks in communication
- pressure
- dishonesty
- struggles for control
- inconsiderate behavior



Abusive relationships are based on an imbalance of power & control

One person is making all the decisions—about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

- accusations
- blame shifting
- isolation pressure
- manipulation



This project described was supported by Grant Number 90EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. The opinions, findings, conclusions and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services.

love is
respect

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

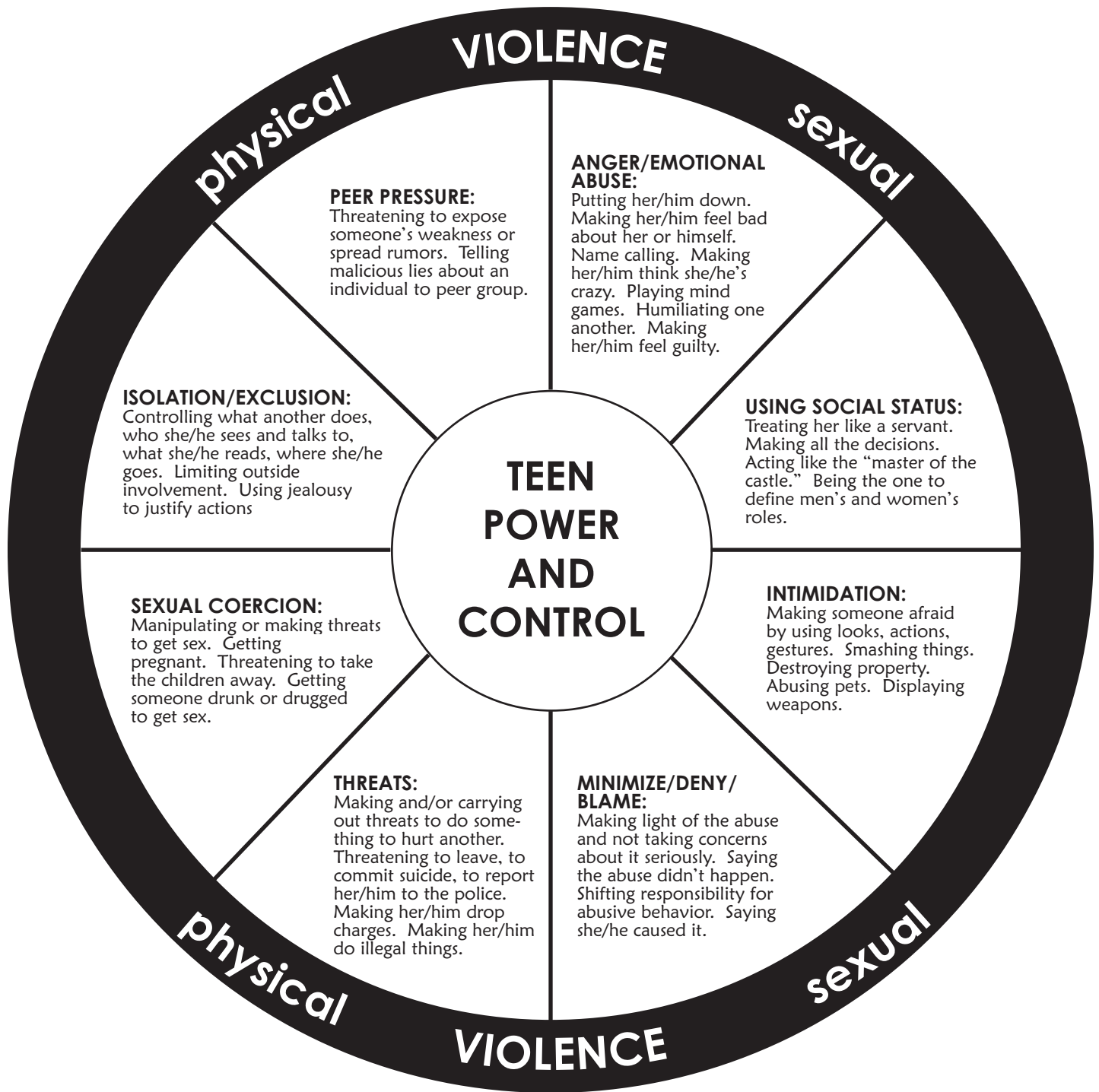
Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

TEEN POWER AND CONTROL WHEEL

Sometimes in relationships there are behaviours that are often associated with physical and sexual violence. The 'Teen Power and Control Wheel' shows how people can be in unhealthy relationships.



Produced and distributed by:

Developed from:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802
218.722.4134



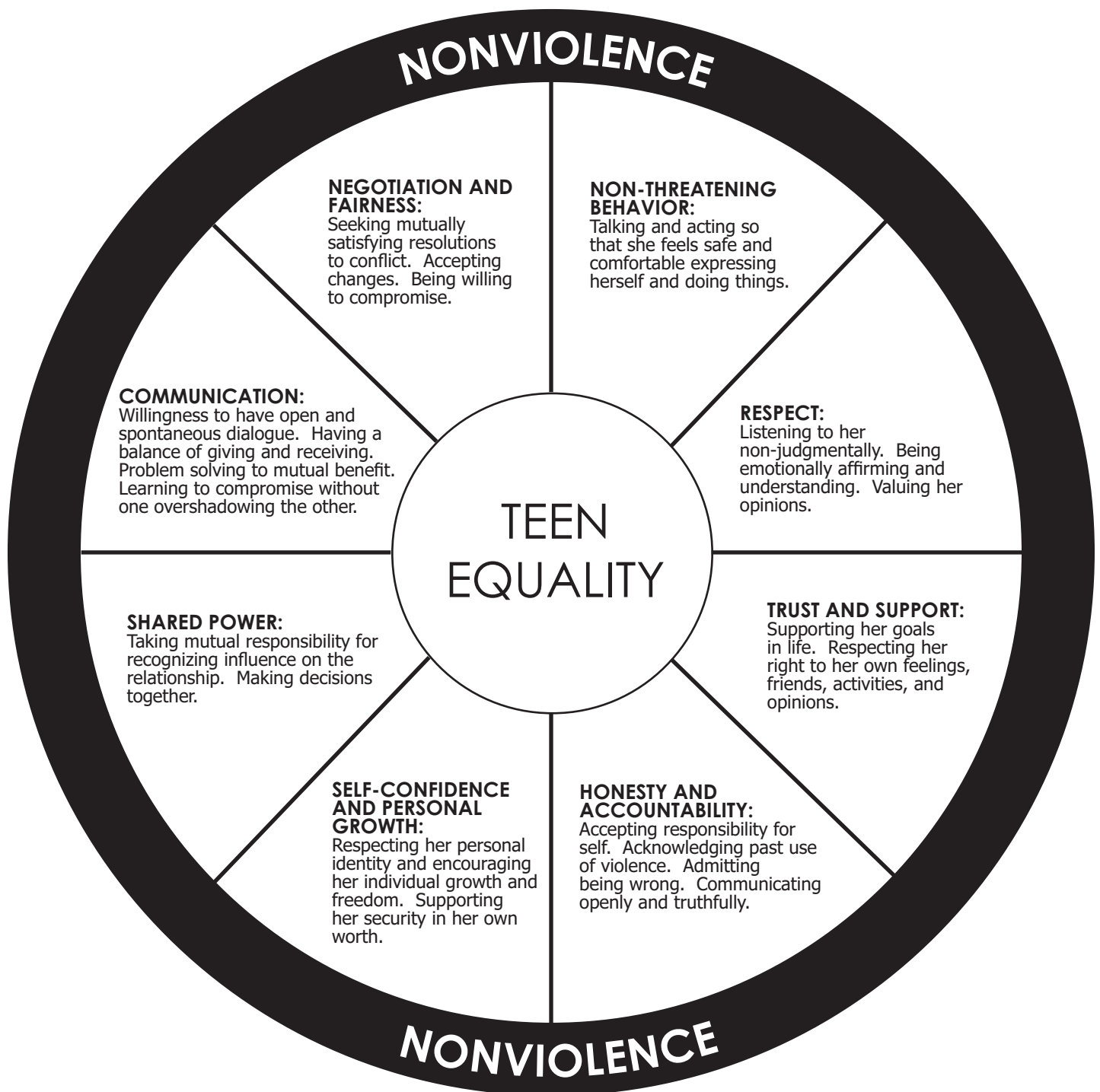
NATIONAL CENTER
on Domestic and Sexual Violence
training • consulting • advocacy

4612 Shoal Creek Blvd. • Austin, Texas 78756
512.407.9020 (phone and fax) • www.ncdsv.org

Adapted from the National Center on Domestic and Sexual Violence

EQUALITY WHEEL FOR TEENS

Most information found on this wheel is in response to males who have used violence and/or other abusive behavior against their female partners. The Equality Wheel helps males understand what represents characteristics of a healthy relationship. Nevertheless, it is true that we recognize that there are some females who use violence against males and that intimate violence also occurs in same-sex relationships.



Adapted from:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802
218.722.4134

Produced and distributed by:



NATIONAL CENTER
on Domestic and Sexual Violence
training • consulting • advocacy

4612 Shoal Creek Blvd. • Austin, Texas 78756
512.407.9020 (phone and fax) • www.ncdsv.org

Adapted from the National Center on Domestic and Sexual Violence