

UNHEALTHY RELATIONSHIPS

Overall, **unhealthy relationships** are marked by **disrespect** and **control**. Help **emerging adults** recognize the common signs of **unhealthy relationships** and examples of how they look:

Control

One partner **makes all the decisions** and tells the other what to do, what to wear, or who to spend time with. They are **unreasonably jealous**, and/or tries to **isolate** the other partner from their friends and family.

Hostility

One partner **picks a fight** with or **antagonizes** the other partner. This may lead to one partner changing their behavior in order to avoid upsetting the other.

Dishonesty

One partner **lies, keeps information, or steals** from the other.

Disrespect

One partner **makes fun** of the opinions and interests of the other partner or **destroys** something that belongs to the partner. This could include saying things online or via social media to embarrass.

Questions to ask Emerging Adults

“ Does your partner ever make you feel like you have no voice in decisions? ”

“ Do you feel like you have to censor what you say around your partner? ”

“ Are there times when you catch your partner in a lie? ”

“ Has your partner ever purposely broken something you own, or made fun of an opinion you've shared? ”

UNHEALTHY RELATIONSHIPS

Dependence

One partner feels that they **"cannot live without"** the other. They may threaten to do something drastic if the relationship ends. Sometimes this is expressed over text message, making it difficult to know the person's true intent and causing more fear and concern.

Intimidation

One partner tries to **control aspects of the other's life** by making the other partner fearful or timid. One partner may attempt to keep their partner from friends and family or threaten violence or a break-up. They may constantly text or call the **emerging adult** to comply.

Physical Violence

One partner **uses force** to get their way (such as stalking online or in-person, hitting, slapping, grabbing, or shoving).

Sexual Violence

One partner **pressures** or **forces** the other into sexual activity against their will or without consent. Sometimes the **emerging adult** will feel like they cannot say no or their body will freeze, making it hard to express themselves. They are still saying no when they do not give an enthusiastic yes.⁷

Questions to ask Emerging Adults

"Has your partner ever said, 'I don't know what I would do if we broke up'?"

"Do you feel threatened when you disagree with your partner?"

"Has your partner ever used physical force to get you to agree with them?"

"Has your partner ever forced you to do something you're sexually uncomfortable with?"