

# DO YOU KNOW WHAT IS (NOT) HEALTHY IN A RELATIONSHIP?

## HOW CAN YOU TELL?



*I can...*

- Hang with my friends and family
- Feel respected and appreciated
- Be myself
- Walk away
- Talk openly and freely
- Put my phone down



*Are you...?*

- Isolated from your friends and family
- Made fun of in front of others
- Told what to do and what to wear
- Scared to end the relationship
- Afraid to say the wrong thing
- Expected to always answer a call or text

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**REMEMBER, FRIENDS MAKE SURE FRIENDS ARE SAFE.  
YOU CAN MAKE A DIFFERENCE IN ONE PERSON'S LIFE.**

