

Is it time to **PUT THE BRAKES ON YOUR RELATIONSHIP?**


A green circular icon with a dark green border and a lighter green center, containing text.

**OPEN
COMMUNICATION
TRUST
HONESTY
RESPECT OPINIONS**

GREEN LIGHT (healthy relationship)

Relationships are based on equality and respect

- Make decisions together
- Openly discuss challenges
- Enjoy spending time together or apart

A yellow circular icon with a dark yellow border and a lighter yellow center, containing text.

**BREAKDOWN IN
COMMUNICATION
PRESSURE
DISHONESTY
INCONSIDERATE
BEHAVIOUR**

YELLOW LIGHT (unhealthy relationship)

**Relationships are based on attempts
to control the other person**

- One person tries to make most of the decisions
- One person pressures their partner about sex
- One person does not see how their actions can be hurtful
- Pressure to spend time only with your partner

A red circular icon with a dark red border and a lighter red center, containing text.

**THREATS
ACCUSATIONS
BLAMING
ISOLATION
PRESSURE
MANIPULATION
SHOUTING
PHYSICAL VIOLENCE**

RED LIGHT (abusive relationship)

Relationships are based on power and control

- One person makes all of the decisions about sexual choices, friends and boundaries
- Pressure to spend all free time together
- Playing mind games by making you feel guilty or crazy
- Afraid to talk about what is really happening in the relationship
- Living in fear because of threats or acts of physical violence
- Having things destroyed

PUBLIC HEALTH

1-800-361-5653

TTY 1-866-512-6228

york.ca/sexualhealth

18-5246 | Adapted with permission from loveisrespect.org

The York Region logo, featuring a stylized red and white bird-like shape above the text "York Region" in a white serif font, all set against a red background.

York Region