

# HEALTHY RELATIONSHIPS MAKE OUR ARMY FAMILY STRONGER.



When your peers are in healthy relationships, which include equality, respect and consent, they play an important role in shaping your attitudes, beliefs and behaviors.

Army team members in healthy relationships help the service form stronger, more cohesive, mission-ready units.

Knowing the difference between healthy and unhealthy relationships can help you avoid situations that can lead to physical or sexual violence.

WE DEFEND AND PROTECT.

**THIS IS OUR ARMY:**

UNITED AGAINST  
SEXUAL ASSAULT AND  
SEXUAL HARASSMENT

**HELP IS AVAILABLE:**

UNHEALTHY  
RELATIONSHIPS  
CAN AFFECT ANYONE,  
AT ANY AGE, AT ANY TIME.

If you or someone you care about is in an unhealthy relationship, get help:

- **DOD Safe Helpline at 877-995-5247;**  
[www.safehelpline.org](http://www.safehelpline.org)
- **Army Family Advocacy Program (FAP):**  
[www.armymwr.com/programs-and-services/personal-assistance/family-advocacy](http://www.armymwr.com/programs-and-services/personal-assistance/family-advocacy)

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# HEALTHY RELATIONSHIPS

# THIS IS OUR ARMY.

# COMMON SIGNS THAT YOUR RELATIONSHIP IS HEALTHY

In a healthy relationship, you and your partner:

- **Communicate openly** about your feelings or problems and actively listen to each other.
- **Are honest** about your feelings, without fear of rejection or retaliation.
- **Trust each other** and believe what the other has to say.
- **Respect each other** and feel supported, independent and safe to talk about each other's concerns.
- **Understand that to consent to one thing never means to consent to everything** and that being in a relationship with someone does not guarantee consent to anything.

Understanding healthy relationships can help you to improve your own and to identify unhealthy behaviors early.



# COMMON SIGNS OF UNHEALTHY RELATIONSHIPS

In an unhealthy relationship, you or your partner:

- **Gets jealous** and tries to isolate the other person from their friends or family.
- **Criticizes the other person's appearance** or something they say to make them feel insignificant.
- **Acts obsessive and controlling**, including telling the other person what to wear, whom to talk to and how to spend money.
- **Blames the other person** for things that are not their fault and becomes physically or emotionally abusive.
- **Expresses anger through violent outbursts** and extreme reactions that make the other person fearful.
- **Engages in sexual violence** by pressuring the other person to have sex or participate in other sexual acts.
- **Intimidates the other person** with threats to harm them or their children, relatives or pets.

Identifying harmful behaviors can reduce your risk of remaining in an unhealthy relationship.

# YOU CAN HELP SOMEONE WHO IS IN AN UNHEALTHY RELATIONSHIP

To help someone who is in an unhealthy relationship, you can:

- **Listen and believe them**, without casting doubt, so that they feel secure and trust you.
- **Be supportive and patient**, rather than trying to find solutions quickly or rushing them into making decisions.
- **Ask if they feel safe**; if they don't, find out what they need.
- **Tell them that the situation is not their fault** and that they are not alone.
- **Remind them that they have options** and that they can leave the relationship if they choose.
- **Stay up-to-date on resources** for people suffering from physical abuse and offer to help identify ways to stay safe, including leaving their partner.

