



DOMESTIC ABUSE IS

MORE  
THAN

PHYSICAL VIOLENCE

NO MORE

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# Prevention Resources

## Healthy vs Unhealthy Relationships

No relationship is perfect, but healthy intimate partner relationships make both people feel respected, supported, and safe. Healthy relationships are characterised by mutual respect, trust, equality and honesty. **Look below to see some of the characteristics of healthy and unhealthy relationships.**

**Respect:** Each person values who the other person is, understands the other person's boundaries and values their beliefs and opinions.

**Disrespect:** One partner makes fun of the other's opinions and interests, or purposely destroys something that is important to them.

**Trust:** Partners trust in each other and are comfortable doing things separately and respecting each other's privacy online.

**Jealousy:** Everyone can experience jealousy, though it becomes unhealthy when one partner tries to control the other because of it.

**Honesty:** Partners are truthful and open with each other and able to talk together about what you both want without fearing the response or if you'll be judged.

**Betrayal:** When one partner is deceitful, hides important things from the other or threatens to make their private matters public to control them.



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## Healthy vs unhealthy relationships

**Individuality:** Neither partner compromises who they are, and each has their own identity, with space and freedom in the relationship.

**Control:** When one partner makes all the decisions and tells the other what to do, what to wear, and who to spend time with. They may also be 'in charge' of all the finances and insist that the other partner accounts for all the money they have spent, or forces them to hand over any money they have. He or she may also try to isolate their partner from their friends and family.

**Equality:** Both partners put equal effort into the relationship and make decisions together as opposed to one person calling all the shots.

**Manipulation:** One partner influences the other without them realising it. This can include ignoring them until they get their own way, making their partner feel guilty or responsible for their actions, making them feel like everything is their fault and threatening to hurt themselves or others if they don't do as they say or stay with them. They may also use gifts and apologies to influence their decisions or to 'apologise' for their behaviour.

**Taking responsibility:** Both partners are responsible for their own actions and words. Both avoid putting blame on each other and own up when they do something wrong. Both avoid taking things out on each other when they are upset and both try to make positive changes to better the relationship.

**Deflecting responsibility:** One partner makes excuses for their behaviour, blaming their partner, other people or past experiences for their actions. They may use alcohol or drugs as an excuse, or use any mental health issues or past experiences (like a cheating ex or divorced parents) as a reason for unhealthy behaviour.



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## Healthy vs unhealthy relationships

**Non-Violent relationship:** No physical violence used by either partner and feeling a sense of care and concern from both partners, each knowing the other will be there to support them.

**Physical violence:** When one partner intentionally uses physical force against the other, as a means of controlling them. This includes shaking, slapping, pushing, biting, punching, scratching, trying to choke or strangle, hitting with household objects, using weapons and physical restraint (e.g. pinning them against a wall).

**Inclusion:** Both partners encourage each other to socialise and keep in touch with friends and family.

**Isolation:** One partner keeps the other away from friends, family, or other people and insists the other spends all their time with them and makes them feel dependent on them for money, love or acceptance.

**Protection and loyalty:** When both partners are reliable and feel confident that they have each other's backs, and are respectful and faithful, sticking up for each other and keeping secrets safe.

**Sabotage:** When a partner purposely ruins the other's reputation, achievements or success by making them miss work, talking about them behind their back, starting rumors, and threatening to share private information about them.



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## Healthy vs unhealthy relationships

**Encouragement:** One partner supports the other to do things that they want to do, and backs their decisions.

**Belittling:** One partner makes the other feel bad about themselves - calling them names, making rude remarks about their friends and family or what they look like, and making fun of them – even if it's played off as 'just a joke'.

**Self-confidence:** When partners have confidence in themselves, they are calm and comfortable enough to allow others to express their opinions without forcing their own opinions on them.

**Intimidation:** When a partner tries to control aspects of the other's life by making them feel fearful or timid. This may include threatened or actual violence.

If you or a loved one is experiencing domestic and/or sexual violence, you are not alone. No matter where you are, there is help available. Find resources in over 200 countries in the NO MORE Global Directory. Visit [NOMOREDirectory.org](https://nomoredirectory.org) or [AVONWorldWide.com](https://avonworldwide.com) today.