

What do healthy relationships look like?

Healthy relationships can look different for different people, but some key elements should always be part of them

RESPECT

Value the other person for who they are

TRUST

Feeling that you can trust each other

HONESTY

You can be your real self in the relationship

A HEALTHY RELATIONSHIP

COMMUNICATION

Both listening and sharing are important

BOUNDARIES

Healthy boundaries are mutually agreed



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Men Ending Gender-Based Violence



CUAN
An Ghníomhaireacht um Fhoiréigean Baile,
Gnéasach agus Inscnebhunaithe
The Domestic, Sexual and
Gender-Based Violence Agency

ABUSE can take many different forms, it can be physical, emotional, verbal, sexual, financial, online, or microaggressions

VERBAL

Screaming at, insulting or threatening language

EMOTIONAL

Behaviour that creates anxiety or distress, is humiliating or threatening

SEXUAL

Unwanted or harmful behaviour of a sexual nature

FINANCIAL

Depriving someone of control over their own finances

PHYSICAL

Hitting, kicking, pushing, pulling hair, etc.

ONLINE

Sharing of personal images or information without consent, threats or bullying

MICROAGGRESSIONS

Everyday small acts of bias or discrimination towards marginalised people

STALKING

Obsessive behaviour that causes fear or distress to a victim

COERCIVE CONTROL

Controlling or threatening behaviour including domestic abuse by a (ex)partner



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