

Dating relationships

Being in a relationship with someone you love and trust can be a wonderful experience, but sometimes it can be difficult to tell if your relationship is unhealthy.

In a Healthy Relationship, you may..



- Enjoy mutual love and respect
- Feel no pressure to change yourself
- Maintain relationships with friends and family
- Have open discussions about boundaries
- Have healthy communication
- Always ask for consent
- Can be happy even when not with your partner
- Respect the need for privacy and alone time

In an Unhealthy Relationship, you may..

- Feel bad about yourself
- Don't feel comfortable expressing yourself
- Feel your boundaries are not respected
- Don't enjoy doing anything without your partner
- Feel isolated from friends and family
- Feel your consent is violated
- Have little to no privacy alone time



In an Abusive Relationship, your partner may..



- Use physical violence to intimidate you
- Manipulate your feelings
- Make you feel unsafe and not secure in their company
- Stop you from spending time with anyone other than them
- Force you to perform sexual acts
- Tell lies
- Use abusive and insulting language

Where can I get help?

- **YAA-ALL Manipur**
This helpline is LGBTQ+ friendly
Available: 3-5 PM
Call: 6009032883
- **One Stop Crisis**
Available: 24x7
Call: 022-24100511
- **Domestic Abuse National Hotline**
Available: 24x7
Call: 181/09607962969

