

## ADDITIONAL RESOURCES

*Love is Respect.org*

<http://www.loveisrespect.org/>

*Charles County Center for Abused  
Persons*

<http://centerforabusedpersonscharlescounty.org/wordpress/>

*No More Campaign*

<https://nomore.org/>

*Youth.Gov*

<http://youth.gov/youth-topics/teen-dating-violence/characteristics>

## MESSAGE FROM THE STATE'S ATTORNEY'S OFFICE

Healthy relationships are a necessary part of life. Whether it be platonic or romantic, it is important to have relationships that build you up and not tear you down.

Inside this brochure, find information about the signs of a healthy relationship and learn about creating boundaries within relationships.



HEALTHY RELATIONSHIPS

## State's Attorney's Office

Mailing Address:

P.O. Box 3065, La Plata, MD 20646

Physical Address:

Charles County Courthouse Basement Level,  
200 Charles St., La Plata, MD 20646

Phone: 301-932-3350

Victim Witness Assistance Unit: 301-932-3360

Website: CCSAO.us



Anthony B. "Tony" Covington  
State's Attorney



If you are involved in an unhealthy relationship and want to know your options, you can talk to our Victim Witness Assistance Unit at 301-392-3360.

## SIGNS OF A HEALTHY RELATIONSHIP

### Respect

In a healthy relationship, both partners' feelings, opinions, and wishes are valued.

### Communication

Being able to talk to your partner and express yourself without fear or intimidation is important.

### Trust

Reliability and truthfulness are two values that each partner should have in a relationship. However, telling the truth should not involve being mean or malicious.

### Support

Encouragement and reassurance is a key component in a relationship. Your partner should help build you up, not tear you down.

## BOUNDARIES

Boundaries help establish what both parties expectations are of each other.

Personal space is a part of any relationship. You should not feel pressured to spend all of your time with your partner or made to feel guilty for spending time with your friends, family, or having alone time.

It is okay to have separate hobbies and interests than your partner.

You should not feel guilty for participating in separate activities.

You do not have to share personal information such as passwords with your significant other. Instead, build a relationship centered on mutual trust.

## IT'S NEVER OKAY TO...

Be physically abused (hitting, kicking, strangulation, etc.) or verbally abused by your partner.

Be threatened by your partner.

Feel like your significant other's possession rather than partner.

Be pressured or forced to engage in sexual acts .

Feel pressure by your partner to isolate yourself from your loved ones.

Be subjected to sudden mood swings, i.e. nice one minute, angry the next minute.

Be pressured to change who you are or the way you look.