You Deserve a Healthy Relationship
How is your relationship?

HEALTHY RELATIONSHIP

Green Flags

Does your partner:

✓ View you as an equal?
✓ Respect you and treat you fairly?
✓ Make you feel safe (emotionally and physically)?
✓ Discuss disagreements Peacefully?
✓ Act as a positive role model to those important to you?
✓ Make family and money decisions with you?
✓ Compromise?

UNHEALTHY RELATIONSHIP

Red Flags

Does your partner:

✓ Ask you to account for every moment?
✓ Ridicule you?
✓ Threaten to hurt you, your loved ones, or your pets?
✓ Try to manipulate you with lies or promises?
✓ Make you feel you don’t have the right to say “no” or disagree?
✓ Isolate you from family friends, work or school?
✓ Control all of the money?

Help is Available

UCAR Employee Assistance Program (EAP)
1-888-371-1125
www.cignabehavioral.com

National Domestic Abuse Hotline
1-800-799-SAFE (7233)
1-800-787-3224  (TTY)

UCAR Cares!