

You Deserve a Healthy Relationship

How is your relationship?

HEALTHY RELATIONSHIP

UNHEALTHY RELATIONSHIP

Green Flags

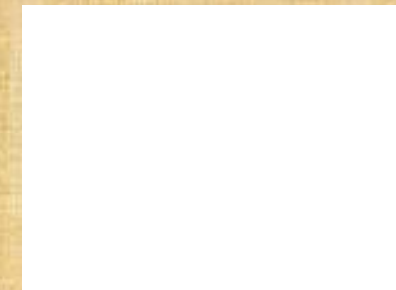
Does your partner:

- ✓ 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?

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!

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?