

Being in a relationship can be fun and exciting. But it's important to stay true to who you are: you deserve to be loved for being you.



RESOURCES

Maryland Coalition Against Sexual Assault (MCASA)

www.mcasa.org
301-328-7023

Maryland Network Against Domestic Violence (MNADV)

www.mnadv.org

National Sexual Assault Hotline

1-800-656-4673 (HOPE)

Love is Respect

www.loveisrespect.org

One Love

www.joinonelove.org

Sexual Assault Legal Institute (SALI)

301-565-2277

WHAT IS A HEALTHY RELATIONSHIP?

- Sexual activity between you and your partner is always consensual.
- Even if you disagree or have a fight, you always treat each other with respect.
- Your partner supports you through tough times.
- You trust each other to do what's right for the other person.
- You are honest with each other.
- You are cool with having your own activities and friends separate from each other.
- You can be open and direct without fear of retaliation or manipulation.
- You each take responsibility for what you do and say, and apologize when harm has been caused.
- You enjoy spending time with each other and having fun!



Maryland Coalition Against Sexual Assault

mcasa.org | 301-328-7023 | info@mcasa.org

P.O. Box 8782

Silver Spring, Maryland 20907

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HEALTHY RELATIONSHIPS IN COLLEGE



MCASA
Maryland Coalition Against Sexual Assault

Unhealthy relationships are based on power and control. An imbalance of power between partners may be a sign of an unhealthy relationship.

WHAT IS AN UNHEALTHY RELATIONSHIP?

- Partners cannot communicate openly and honestly with one another without fear of being minimized or shamed.
- A partner makes all the decisions and has a lot of control in the relationship.
- A partner wants the other to change to meet their standards.
- A partner focuses all their time and energy on a partner and neglects themselves.
- A partner is isolated from friends and family, spending all of their time with a significant other.
- A partner is always making excuses for the inappropriate behavior of the other.



Not all unhealthy relationships are abusive. Some unhealthy relationships can become healthy relationships when both partners are dedicated to learning new ways to communicate and treat one another. However, what starts as unhealthy behavior can grow into abusive behavior. The unhealthy behaviors may not seem like a big deal at first, but they are often extensions of power and control.



WHAT IS AN ABUSIVE RELATIONSHIP?

- It involves any kind of physical, sexual, emotional, verbal, digital, or financial abuse.
- A partner threatens any type of violence or reputation damage if you don't follow their rules or demands.
- A partner controls or withholds money from the other.
- A partner controls access to social media, online platforms, and the internet.
- A partner has to justify what they do, where they go, or who they talk to.
- A partner denies causing harm and minimizes feelings and experiences of others in the relationship.

HOW CAN YOU HELP SOMEONE IN AN UNHEALTHY RELATIONSHIP?

If something seems wrong, speak up. Your friend may not ask you for help. You may be thinking "it's none of my business," or "if it's so bad, why do they stay?" But sexual and domestic violence on campus is everyone's business. It's important that you recognize the signs of an unhealthy relationship and talk to your friend openly about getting help.

Offer to listen and support them. While it's important to talk to your friend, let them set the pace. Don't place blame on your friend. Leaving an abusive or unhealthy relationship can be extremely dangerous. Support your friend. Remind them of what makes them special and stress that they deserve a life that is free from sexual and domestic violence.

Learn more about unhealthy and violent relationships. Contact your campus dating abuse or sexual violence program, counseling office, or even talk to a resident advisor who you trust to help you get more information.

