

SCAN ME



RESOURCES

Everyone can learn to love better.

PREVALENCE

over **1 IN 3** WOMEN

nearly **1 IN 3** MEN

**1 IN 2** TRANS & NONBINARY PEOPLE

Will experience intimate partner violence in their lifetime.

**On-Campus Confidential Resources**

Counseling Center: [counseling@tiffin.edu](mailto:counseling@tiffin.edu)

Health Center: [healthcenter@tiffin.edu](mailto:healthcenter@tiffin.edu)

**One Love Foundation Website**

[joinonelove.org](http://joinonelove.org)

**Love is Respect Website**

[loveisrespect.org](http://loveisrespect.org)

**National Domestic Violence Hotline**

1.800.799.7233

**Love is Respect Text Support**

Text 'LOVEIS' to 22522

**For Emergencies:**

dial 911 or

**Campus Security at**

**419.934.0721**



# WHAT IS LOVE?

Healthy vs. Unhealthy Relationships



#LoveBetter

Adapted from [joinonelove.org](http://joinonelove.org)

Last Updated: March 2025

[tiffin.edu/about/title-ix-and-civil-rights/](http://tiffin.edu/about/title-ix-and-civil-rights/)

# #That'sLove

According to the One Love Foundation, "A healthy relationship does not mean a 'perfect' relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships."

- Comfortable Pace
- Taking Responsibility
- Trust
- Honesty
- Independence
- Respect
- Equality
- Kindness
- Healthy Conflict
- Fun



SCAN TO LEARN MORE



10 SIGNS OF HEALTHY RELATIONSHIPS

## HELPING SOMEONE IN AN UNHEALTHY RELATIONSHIP

**Calmly start a conversation on a positive note.** Voice your concern calmly, and avoid arguing or blaming them.

**Be supportive.** Listen and let them open up about the situation on their own terms. Avoid being forceful.

**Focus on unhealthy behaviors.** Highlight specific behaviors you're seeing and how that behavior makes them feel.

**Keep the conversation friendly, not preachy.** Reassure them that you are not judging them and normalize their feelings.

**Don't place blame.** Let them know that it is NOT their fault.

**Allow them to make their own decision.** Avoid telling them what to do, as it could mimic the behaviors of their partner.

**Offer solutions.** Connect them to resources and let them know you support them no matter what they decide.

**Expect more conversations in the future.** Let them know you care about them and are there for them if they need to talk.



SCAN TO LEARN MORE

# #That'sNOTLove



According to the One Love Foundation, "While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors."

- Intensity
- Possessiveness
- Manipulation
- Isolation
- Sabotage
- Belittling
- Guilt
- Volatility
- Betrayal
- Deflecting Responsibility



SCAN TO LEARN MORE

10 SIGNS OF UNHEALTHY RELATIONSHIPS