

1305 3rd St S | Nampa, ID 83651
nampafamilyjusticecenter.org

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Nampa Family Justice Center
We are here for you.

- If you answered YES to any of these questions, you may be in an unhealthy relationship.

- Would you feel uncomfortable leaving your child alone with your significant other?
- Would you not want your child dating or marrying someone like your significant other?
- Would your child feel like they had to protect you if they saw or heard you and your significant other arguing/fighting?

If you're thinking of becoming pregnant, ask yourself:



Healthy
Relationships...
Safe Babies

Characteristics of Healthy Relationships

- Mutual respect while expressing and communicating thoughts, feelings, wants and needs
- Consideration for each other's personal boundaries, including the freedom to say no
- Physical and emotional safety while communicating with your partner
 - Mutual compromise
 - Trust and honesty
 - Shared responsibility



Characteristics of Unhealthy Relationships

- Not respecting each other's personal boundaries/limits
- Feeling afraid, unsafe or feel like you're walking on "eggshells" when partner is around
- Feeling unworthy or undeserving of having needs or wants met
- Withholding resources from one another to maintain a sense of power and control
- Passive and/or aggressive communication
- Yelling, name calling, destroying property, hurting pets