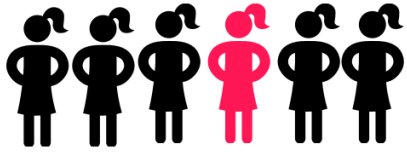


# Real Love Is **Healthy**

**1.5 million**

high school students  
experience dating violence



**1 in 6**

college women have been  
sexually abused in a relationship



**1 in 10**

high school students have been  
physically hurt by a partner

## Is My Relationship Healthy?

### Healthy

Respect  
Good Communication  
Trust  
Honesty  
Equal

### Unhealthy

Poor communication  
Pressure  
Lying  
Fights over control  
Inconsiderate behavior

### Abusive

Accusations  
Blame shifting  
Isolation  
Pressure  
Manipulation

## How Can I Get Help?

**Text:**

Virginia Statewide Hotline:  
**804.793.9999**



Virginia LGBTQ Partner Abuse and  
Sexual Assault Helpline:

**804.793.9999**

**Call:**

Virginia Statewide Hotline:  
**1.800.838.8238**



Virginia LGBTQ Partner Abuse and  
Sexual Assault Helpline:

**1.866.356.6998**

**#RealLoves**

[VDHLiveWell.com](http://VDHLiveWell.com)