

# Healthy relationships...

*are formed through*

*fairness,*

*trust,*

*respect,*

*support,*

*honesty,*

*responsibility,*

*communication,*

*shared freedom,*

*equality and non-violence.*



# Hands Are For Holding

**If you feel you are in an abusive relationship,  
call your local domestic violence program for FREE and CONFIDENTIAL help.**

**National Resource Center on Domestic Violence ♥ 1-800-537-2238  
National Electronic Network on Violence Against Women ♥ [www.VAWnet.org](http://www.VAWnet.org)**