

Love is...

Being treated with respect... Trust... Two people who like each other by choice... Spending time together... Being close... Being yourself when you're together... Sharing your thoughts... Listening... Being honest... Knowing it's ok to disagree... Caring... Knowing your limits... Supporting each other... Sharing feelings confidently... Making a commitment... Compromise... Being able to talk openly... Shared responsibilities...

LOVE IS NOT...

Feeling less than you are... Pressure... Being isolated from your friends... Using drugs and alcohol to please your date... Losing your rights... Being forced to do things you don't want to do... Using the relationship to cause fear... Losing control... Yelling... Hitting... Violence—emotional and physical... Being hurt... Feeling guilty... Having someone destroy your property and self-esteem... Disrespect... Rape.

National Sexual Assault Hotline
1-800-656-HOPE