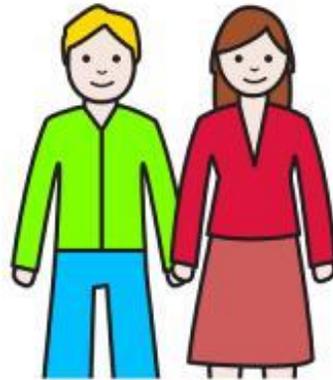
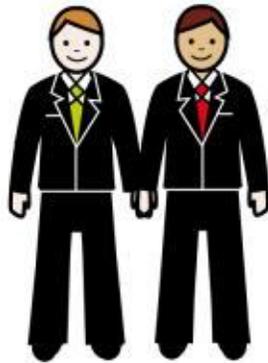




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# Couple relationships



This information only reflects the Consortium view  
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# Couple relationships



Having a good couple relationship.

Romantic love = Toxic love

Risks in the relationships

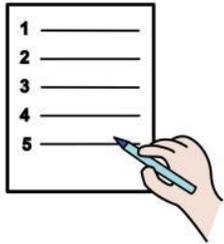
# Couple relationships



Having a good relationship implies:

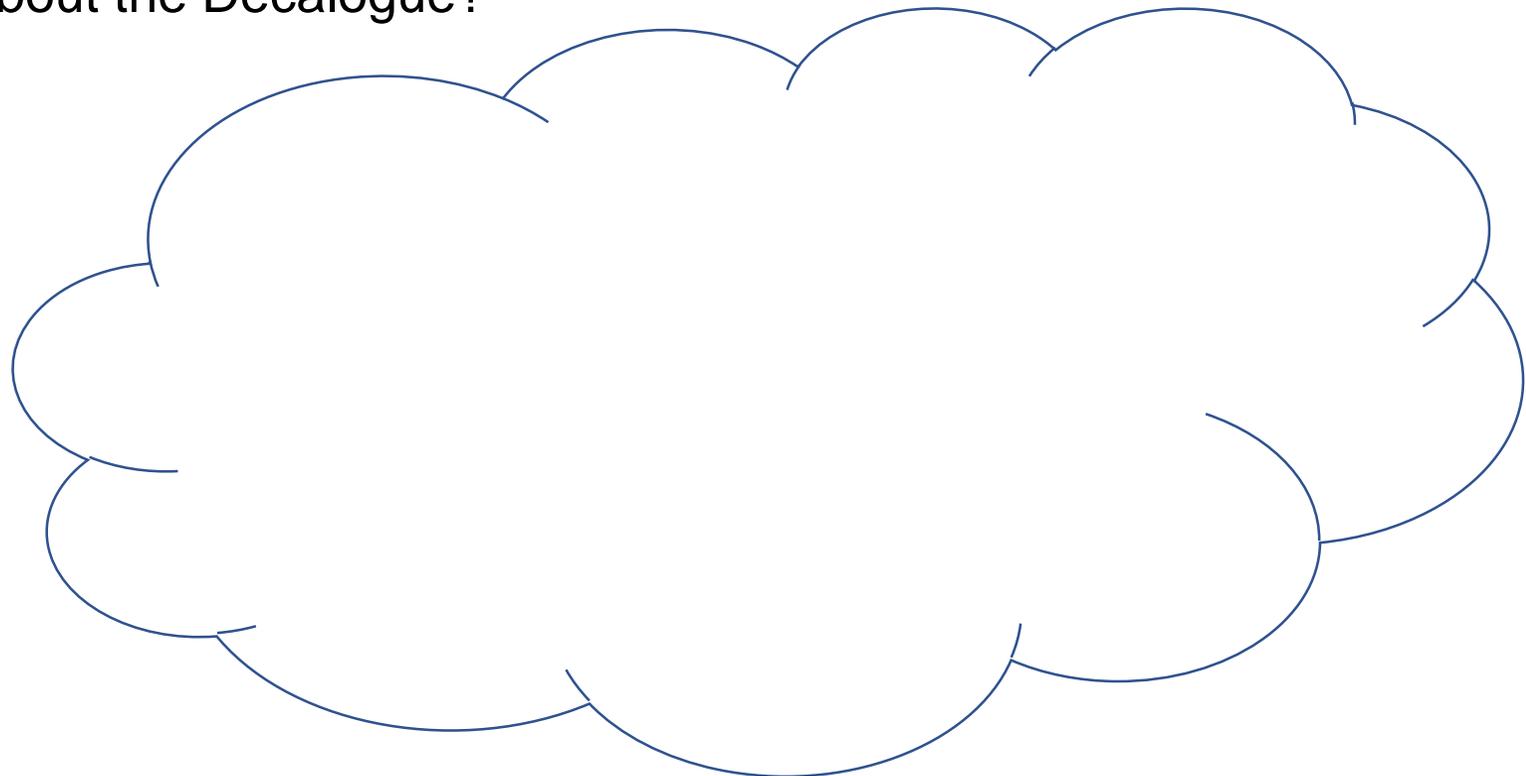
- Respect and freedom** of the couple to decide what they want or not to do.
- Take into account the decisions and preferences** of the other person.
- One person is no better than another. The two people are the same.
- Sincerity.** Not to lie.
- Respect that either of you want to continue or leave the relationship.
- Talk about problems and communicate our needs.

# Couple relationships



Read the **Decalogue of a Healthy couple relationship.**

What do you think about the Decalogue?



# Couple relationships



## Romantic love = Toxic love

When we talk about relationships and love, there are many wrong myths and ideas.

Some examples:

My couple is the center of my universe.

My couple can only have eyes for me.

You have to suffer for love.

Devote all the time to the person I love.

Love forgives everything.

Love is eternal.

Jealousy is a proof of love.



# Couple relationships



**Romantic love = Toxic love**

Listen to the following songs:



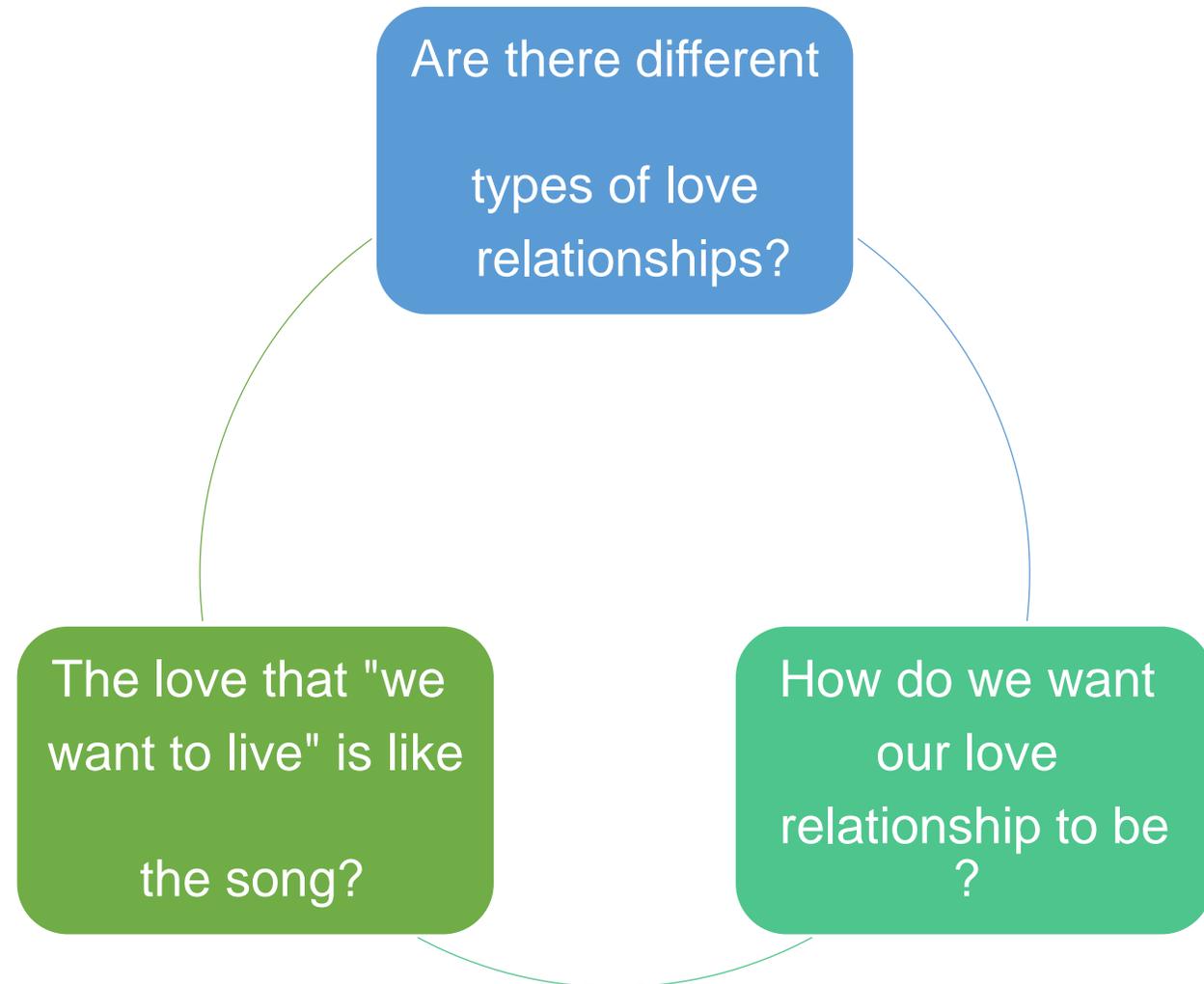
# Couple relationships



**Romantic love = Toxic love**

What ideas, phrases or words appear in the song about love?

Think!



# Couple relationships



## Risks in the relationships.

If you want to live a healthy and safe relationship, you should avoid:



**Situations of mistreatment**



**Situations of sexual abuse**

# Couple relationships



## Risks in the relationships.



You must not allow:

- Disrespect.
- Insults.
- Not to respect your decisions.
- Jealousy.
- To control you
- Physical aggressions (hit).

## Situations of mistreatment

# Couple relationships



## Risks in the relationships.



## Situations of sexual abuse

You must not allow:

- Don't let anyone touch you if you don't want to.
- Maintain intimate and/or sexual relationships if you don't want to.

You must not let your partner or anyone else.

Your decisions should always be respected.

# Couple relationships



## Risks in the relationships.

What can I do to avoid or stop these situations?

- Putting limits to the other person.
- Ask for help from other people, organizations, professionals...

There are organizations that can help you get out of toxic relationships.

