



# 10 SIGNS OF HEALTHY GROUPS

This list focuses on ways healthy behaviors can manifest in groups and is structured using One Love's 10 Signs of a Healthy Relationship framework.

These healthy signs reflect positive group environments that support belonging, inclusivity, and promote well-being and safety of group members.



## Comfortable Pace

The relationship moves at a speed that feels enjoyable and okay for each person.



## Trust

When you have confidence that the group won't do anything to hurt you or ruin your experience.



## Honesty

When you can be truthful and candid without fearing how the other group member(s) will respond. When the group is truthful about with it entails and is expected of all members.



## Independence

When you have space to be yourself outside of the group.



## Respect

You value one another's beliefs and opinions, and appreciate each other as people.



## Equity

The relationship feels balanced and everyone puts forth their best effort, with the capacity they have, to contribute to the group's success.



## Kindness

You are caring and empathetic to one another and provide support as needed.



## Taking Responsibility

Owning your actions and words.



## Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



## Fun

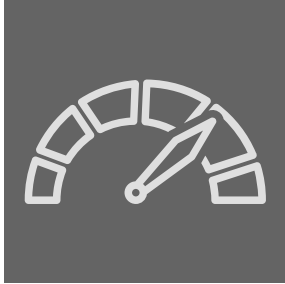
When you enjoy spending time together and bring out the best in each other.



# 10 SIGNS OF UNHEALTHY GROUPS

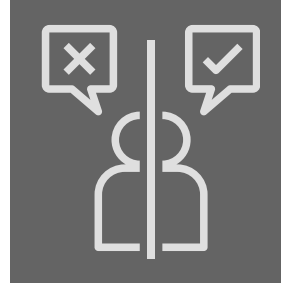
This list highlights ways unhealthy behaviors can play out in groups and is structured using [One Love's 10 Signs of an Unhealthy Relationship](#) framework.

These signs reflect how unhealthy group environments can be created through potentially harmful, degrading, humiliating, and endangering behaviors that could be considered hazing, or warning signs of hazing, and jeopardize the emotional and/or physical health, well-being, and safety of group members.



## Intensity

When someone expresses extreme feelings and over-the-top behavior that feels overwhelming.



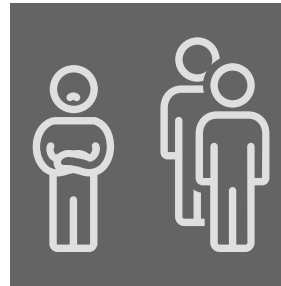
## Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior.



## Manipulation

When someone tries to control your decisions, actions, or emotions.



## Isolation

When someone keeps you away from friends, family, or other people.



## Sabotage

When someone purposely ruins your reputation, achievements, or success.



## Belittling

When someone does and says things to make you feel bad about yourself.



## Guilt

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.



## Volatility

When someone has a really strong unpredictable reaction that makes you feel scared, confused, or intimidated.



## Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do.



## Betrayal

When someone is disloyal or acts in an intentionally dishonest way.