



The "LOVE, EMILY" Campaign

Love Should Feel Like Love.

Safe. Respected.
Free to be yourself.

Love, Emily 



You Don't Have to Prove It

You don't have to share your:



Password



Location



Every minute

Trust doesn't require **surveillance.**

Love, Emily 



Jealousy Isn't a Love Language



Jealousy is a normal emotion.



Being told who you can talk to, what you can wear, or where you can go is **not healthy**.

That's **control** — not caring.

Love, Emily 



Love Makes Room



Healthy love leaves space for:



Friends



Family



Your team



**Your
interests**



Your own life

**Someone who loves you shouldn't make your
world smaller.**

Love, Emily 



Your Boundaries Still Belong to You

Dating someone doesn't mean you owe them:



Your body



Sex



Pictures



Passwords



Access 24/7

You can say **no**. You can **change your mind**.

Love, Emily 

At every age and stage. In person and online.

emilyfinnfoundation.org

#EmilyLightsTheWay



Intensity Isn't Intimacy

It can feel flattering at first, but watch out for:



**Wanting every
minute together**



Constant texts



**Needing to know
where you are**



**Getting upset
when you need
space**

**Some attention can be healthy.
Too much attention can be controlling.**

Love, Emily 



You Should Be Able to Disagree

Healthy relationships have arguments. You shouldn't be afraid of what happens when you:



Say no



Disagree



See friends



Set a boundary

Fear of having your own thoughts and opinions is **not healthy.**

Love, Emily 



Respect Is Non-Negotiable



Love doesn't humiliate you:



In private



In the group chat



Disguised “as a
joke”



On social media

Someone who cares about you doesn't have to make you feel small to make themselves feel **powerful**.

Love, Emily 



You Are Not Responsible for Someone Else's Mental or Emotional Health

Emotional coercion uses guilt and threats to trap you:

"If you leave me, I'll hurt myself."

"If you loved me, you'd stay."

"You can't do this to me."

There is always help available to you.

If someone shares that they feel suicidal, you do not have to handle this alone.

Call or text

988

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Breaking Up Doesn't Require Permission

You are allowed to end a relationship. If you're afraid of how the person might react, you don't have to handle the breakup alone.



**Talk to
someone you
trust**



Make a plan



Put safety first

If you have felt afraid, for your safety or theirs, to end a relationship, there are people who can help.

Call or text ECLI-Vibes
631-360-3606

Love, Emily 



Pay Attention to Your Gut Feelings

Even when you can't explain them. Abuse isn't just physical — it can also be about someone controlling you.



**Monitoring what you
say**



**Monitoring how you
dress**



**Monitoring who you're
with**

You don't need proof that something is “bad enough” before reaching out.

Trusting your gut is the first step to staying safe.

Love, Emily 



Worried About a Friend? Stay Close



TRY

"I've noticed some things that worry me."

"I'm here for you no matter what."

"You don't have to figure this out alone."



DON'T START WITH

"Why don't you just break up?"

This can make them defensive and cause them to pull away.

Isolation is a key tactic of abusive partners.
Keep the connection open.

Love, Emily 



Some Things Are Never “Just Relationship Drama”



Being followed, stalked, or excessive digital contact and tracking A clear sign of dangerous escalation that needs immediate attention.



Being threatened with harm or physically hurt in any way
Physical violence is a crisis, never normal conflict.



Being pressured sexually against your will
Consent must always be freely given.



Genuine fear of your partner
Feeling scared for yourself or someone else is a signal to get help.

**If you're scared, don't minimize it.
Tell a trusted adult and get help right away.**

Love, Emily 



What Does Healthy Love Look Like?

Healthy love is built on mutual respect and personal freedom.



You can say **NO** — and it's respected right away.



You can have **PRIVACY** without being accused of hiding something.



You can keep your **FRIENDS** and your social life.



You can be **YOURSELF** without fear of judgment.



You can choose to **LEAVE** if it isn't right for you.



Most importantly, you feel **SAFE**.

You don't ever have to **lose yourself** to someone you love.

Love, Emily 



Where to Turn for Help



You deserve to feel safe in your relationships. Confidential help is available.



If something doesn't feel right

For yourself: tell a trusted adult or use a resource here.

For a friend: stay close, listen, and help them get support.



Love Is Respect (24/7)

Call **866-331-9474**

Text **LOVEIS** to **22522**

loveisrespect.org



ECLI-Vibes

Call / Text

631-360-3606

Suicide Crisis Lifeline

Call / Text **988**

In immediate danger? Call 911.

Love, Emily 



**For more information and
resources, visit**

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**Her light.
Our purpose.
Their future.**

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