

The Brighter Side....

Signs of a Healthy Relationship



- **Being “real” partners**
 - sharing responsibilities & chores
 - both people make decisions
- **Economic equality**
 - making decisions together about work, school & money
- **Emotionally honest**
 - you can tell each other anything
- **Sexual respect**
 - care about pleasing each other
- **Safe**
 - your physical space is respected
 - you can express yourself without fear of violence
- **Trusting & supportive**
 - you trust one another
 - your partner values your opinion
- **Friendship**
 - your friendship grows and becomes stronger than ever
- **Enjoyment**
 - the relationship makes you feel good about yourself
 - you enjoy spending time together as well as spending time apart

Healthy relationships allow partners to express themselves, enjoy other aspects of life, and share responsibility.

Everyone deserves to be in a healthy and positive relationship that is free from coercion and abuse. Read this brochure and ask yourself...

Am I In A Healthy Relationship?

A brochure for adults



Am I in a healthy relationship?

Healthy relationships are based on mutual respect and trust. Coercive or abusive relationships are based on manipulation, pressure and force and they are unhealthy. Think honestly about your relationship. Answer “**Yes**” or “**No**” to the following statements:

- ___ My partner tells me what to do, how to dress and/or who to be with.
- ___ I spend most of my time worrying about our relationship.
- ___ My partner ignores me or disrespects me in front of other people.
- ___ I quit doing the things I used to enjoy since I’ve become involved with my partner.
- ___ The only time my partner acts nice to me is when they want to have sex.
- ___ My partner has threatened or intimidated me.
- ___ My partner has said things like, “I can’t live without you” or threatened to hurt themselves or others if I try to end the relationship.
- ___ My partner has pushed, slapped or punched me.
- ___ My partner has insulted me, put me down or made me feel bad about myself or my body.
- ___ My partner has used drugs or alcohol as an excuse for being abusive.

If you answered “**yes**” to **ANY** of the statements above, you may be involved in an unhealthy and manipulative relationship. It may be helpful to take a closer look at your relationship with the help of a trusted friend, medical provider, counselor or crisis hotline.

Do any of the following types of abuse exist in your relationships?

Verbal: calls you names, threatens you, is overly critical or talks down to you.

Emotional: makes you feel like you never think, say or do anything right. Blames you for everything that goes wrong.

Physical: pushes you around or hits, kicks, slaps, or pokes you. Throws or breaks things that belong to you.

Sexual: does not respect your boundaries. Does not listen when your body or mouth says NO. Ignores you when you have doubts or are uncertain. Forces you to have sex when you do not want to.

Sexual Harassment: unwelcome sexual advances, comments, touching, sexual jokes, displays of sexually explicit images, or pressure for sexual favors in the workplace or at school.

It is unacceptable to pressure, force or exploit another person sexually.

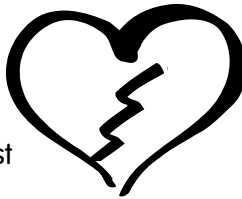
Each person should choose freely whether to engage in any sexual behavior – whether it is kissing, sexual intercourse, touching, or hugging – without pressure.

Sexual Coercion

is pressuring someone to engage in sexual activity when they do not want to. Using threats, intimidation, “lines” or manipulation in order to get someone to have sex is **unhealthy**. It may or may not be illegal.

Sexual Assault

is forcing or threatening someone to engage in any sexual activity against their will. It also includes sexual activity between adults and minors.



Some examples of sexual assault include:

- Having sex with someone against their will
- Having sex with someone who is intoxicated or drugged
- Adults (age 18 and older) who have sex with people age 15 and younger

Sexual assault is against the law.

Alcohol, Drugs And Sex Are A Dangerous Mix.

If you want to protect yourself and have a healthy relationship, you should know that using drugs and/or alcohol:



- Makes it harder for you to think clearly
- Reduces your ability to recognize a dangerous situation
- Limits your ability to send clear messages
- Can reduce your ability to defend yourself from sexual assault

By law, people who are drunk or high are considered unable to give their consent to sexual activity.

The bottom line: having intercourse with an intoxicated person is a crime.

You Deserve The Best, So Take Care of Yourself

In any relationship, even if you are married, it is important to know you have the right:

- to protect yourself
- to set limits
- to disagree with your partner
- to leave a situation when your instincts tell you to
- to refuse sex at anytime
- to defend yourself
- to end a relationship that is not healthy
- to report abuse in a relationship
- to trust your own feelings above all else

When You Want To Say “NO”

You have the right to refuse sex, even if you are married. Remember this when you want to say no:

- Think about your values and limits ahead of time and tell your partner.
- Say no as soon as possible.
- Don't apologize for saying no—it is your decision, and your right.
- You don't have to give a reason or justify your decision.
- You don't have to get involved in a debate. If your partner pressures you, just keep saying no.

If your partner continues to argue or makes you feel uncomfortable, you may need to leave the situation. Always put your safety first.

Where To Get Help

If you are ever in an emotionally, physically or sexually abusive relationship don't be afraid to talk to others.



You can seek help from a trusted friend, medical provider, counselor, hotline or ask for a local referral list from your health care provider.

RAINN Hotline 1-800-656-HOPE

(Rape, Abuse and Incest National Network)

Planned Parenthood 1-800-230-PLAN

Other helpful numbers:

National Council on Alcoholism and Drug Dependence HopeLine

1-800-622-2255 or 1-800-475-4673

Sexually Transmitted Infection Hotline

1-800-227-8922

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