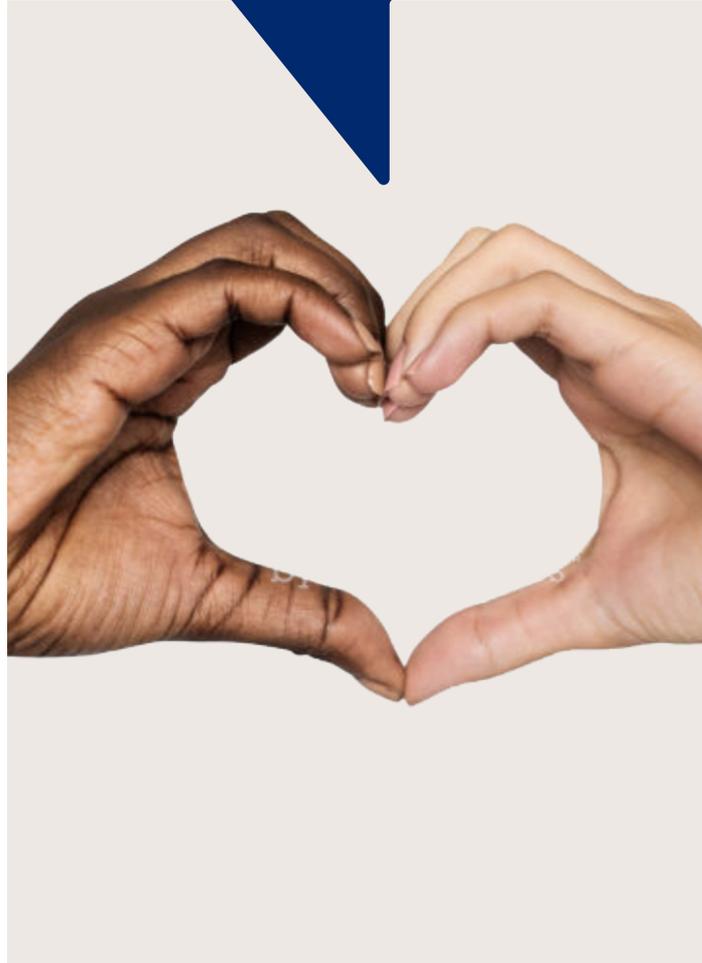


AM I IN A HEALTHY RELATIONSHIP?



What's a relationship?

Relationships are about the connections between people. In life we have many different relationships, such as those with family, friends, and romantic partners.

Relationships, like people, are complex and can change over time. As we change, we want to make sure our relationships change in positive and healthy ways.

This brochure is about romantic relationships. It will help you identify some things that make a relationship healthy. It will also help you identify things that make a relationship unhealthy.



What's important?

Below is a list of things that might be part of a romantic relationship. Which things are important to you? Which things are important to your partner? Any similarities? Any differences?

- Caring about each other's feelings
- Treating each other with respect
- Feeling comfortable talking with each other
- Trust
- Honesty
- Helping each other through difficult times
- Sharing the same values
- Feeling and showing affection for each other
- Spending time together

What other characteristics are important to you? Share these with your partner and hear what is important to them.



What's healthy?

No romantic relationship is perfect, but if the relationship is healthy, both partners will feel good about the relationship most of the time. Some important qualities of building a healthy romantic relationship are:

Respect

Respect means acting in ways that show that you value your partner. Listening to your partner's ideas even when they are different from yours is one way to show that you respect them.

Good communication

Good communication means being able to talk openly and listen to what the other person has to say. Whether you feel good or bad, you can talk about how you feel and your partner can share how they feel. When there is good communication, people can disagree while still being respectful of one another.

Trust

Trust means that your partner can count on you to look out for them. For example, there's trust in a relationship when both partners can feel secure that the other is not doing things that could put them at risk of sexually transmitted infections or unintended pregnancy. Trust can be strengthened over time by talking honestly and showing sincerity.

These are just a few of the things that can help build a healthy relationship. Some others are honesty, equality, and emotional support.



What's unhealthy?

If you feel that you are not being treated well, it is very likely that you are right. An unhealthy relationship can include any of the following:

1. Insulting, putting down, blaming, threatening, not respecting a partner's privacy
2. Trying to control or monitor a partner's activities and contact with friends and family
3. Refusal to use condom or birth control/contraception for prevention
4. Pressuring or forcing sexual behavior

5. Controlling access to money, stealing property, forbidding a partner from working, refusing to work or contribute

If you are in a relationship where these types of behaviors happen, it is important that you get help. Talk to someone you trust, such as a family member, close friend, or counselor. You can also seek support services, such as safe housing, legal help, or medical care, from the "Resources" below.



Resources

If you or someone you know is in an unhealthy or abusive relationship, call one of the hotlines or visit one of the websites below:

NYC DOMESTIC VIOLENCE HOTLINE

Bilingual Hotline for Domestic Violence in New York City: 800.621.HOPE (4673)

VIP MUJERES (VIOLENCE INTERVENTION PROGRAM)

Program to help Latinx live free of domestic violence. www.vipmujeres.org (in English and Spanish) Hotline: 800.664.5880

SANCTUARY FOR FAMILIES

Services for survivors of domestic violence, sex trafficking, and gender violence. www.sanctuaryforfamilies.org or 212.349.6009 (bilingual)

NYC GAY AND LESBIAN ANTI-VIOLENCE PROJECT HOTLINE

Bilingual hotline against homosexual violence that operates 24 hours a day: 212.714.1141

PLANNED PARENTHOOD OF NEW YORK CITY

We provide sexual and reproductive health care, regardless of age, gender, immigration status, or ability to pay. To make an appointment at any of our five health centers in Manhattan, Brooklyn, Queens, Staten Island, and the Bronx, visit: www.ppnyc.org (in English and Spanish) or call 212.965.7000