Healthy Relationships
Characteristics of a **Healthy Relationship**: 

Love  Trust
Care  Consent
Laughter  Happy
Fun  Fair
Communication  Equality

Can you name more??
Signs of an **Unhealthy** Relationship:

- Lying
- Abuse
- Inequality
- Lack of communication
- Fear
- Control
- Jealousy
- Coercion
- Manipulation

Can you name more??
Healthy Relationships

Accountability
- Admits mistakes (or when wrong)
- Accepts responsibility for behaviors, attitudes, & values

Safety
- Refusing to intimidate or manipulate
- Respecting physical space
- Expressing self non-violently

Honesty
- Communicates openly and truthfully

Support
- Support each others choices
- Being understanding
- Offering encouragement
- Listening non-judgmentally
- Valuing opinions

Cooperation
- Asking not expecting change
- Making decisions together
- Willing to compromise
- Win win resolutions
- To conflict

Trust
- Accepting each others word
- Giving the benefit of the doubt
Take Action to Support Healthy Relationships

Why Do Healthy Relationships Matter?

21% of female and 10% of male high school students who date reported experiencing physical and/or sexual violence from a dating partner in the last 12 months.

23% of women and 18% of men who reported physical or sexual violence or stalking from an intimate partner said they first experienced this violence before age 18.

5 Keys of Healthy Relationships

Respect
Promote & model healthy attitudes & relationships

"My actions show my values. I treat others the way I want to be treated."

Learn
Access credible information and resources to promote your overall health

"When I have a question I find information from a trusted source."

Empower
Everyone has the right to set limits, feel safe, and get support - including you

"I deserve to be respected and listened to."

Consent
Seek mutual agreement without fear or pressure

"I ask for consent. If it's not clear I ask, "Are you comfortable? Is this ok?"

Communicate
Express yourself to partners, peers, and family

"I can talk openly and honestly with people I trust. If I notice something is wrong, I speak up."

Prevention is possible!
We can all help create a culture of respect and equity.

Show your support for Sexual Assault Awareness Month
Learn more: www.nsvec.org/saam
VIOLENCE

PHYSICAL

USING COERCION AND THREATS
- Making and/or carrying out threats to do something to hurt her/him,
- threatening to leave her/him, to commit suicide, to report
her/him to welfare, making her/him drop charges, making
her/him do illegal things

USING ECONOMIC ABUSE
- Preventing her/him from getting or keeping a job, making her/him
ask for money, giving her/him an allowance, taking her/his money, not
letting her/him know about or have access to family income

USING MALE PRIVilege
- Treating her/him like a servant, making all
the big decisions, acting like the “master
of the castle”, being the one to define men’s and women’s roles

USING CHILDREN
- Making her/him feel guilty about the children, using
the children to relay messages, using visitation to harass her/him,
- threatening to take the children away

MINIMIZING, DENYING AND BLAMING
- Making light of the abuse and not taking her/his concerns
about it seriously, saying the abuse didn’t happen, shifting
responsibility for abusive behavior, saying she/he caused it

EMOTIONAL ABUSE
- Putting her/him down, making
her/him feel bad about herself/himself, calling her/him names,
- making her/him think she’s/his crazy, playing mind games, humiliating
her/him, making her/him feel guilty

ISOLATION
- Controlling what she/he does, who she/he see and talks to, what she/he reads, where
she/he goes, limiting her/his outside
- involvement, using jealousy to justify actions

POWER AND CONTROL
What to do if you are in an unhealthy relationship...

Depending on the severity, you can...

- Speak with your partner about the issue
- Leave the relationship
- Speak to a friend, family member, or mentor
- Speak to a counselor
- Contact the police
Resources:

● NCSU Women’s Center - 919-515-2012
● NC State Police - 919-515-3000
● The Counseling Center - 919-515-2423
● Office of Student Conduct - 919-515-2963
● Student Legal Services - 919-515-7091
● Interact - 919-828-7501
We’re here to listen.
Reach our trained advocates 24/7 to get the support you deserve. You are not alone. There will be no blame, no judgment, Just help.

24 HOUR SEXUAL ASSAULT HELPLINE
(919) 515-4444