

**Healthy and Unhealthy Relationships**

**Everyone is entitled to:**

* Dignity and respect
* Feel free to be your true self - inside and outside the relationship
* Equality between partners, making decisions together, living by the same standards



**Unhealthy Relationships**

* You may feel unsafe in your relationship
* If someone is hurting or controlling you, you may be a victim of domestic violence (DV)
* DV is when one person hurts another person in a relationship
* It can harm your health – now and in the future
* It can also harm your child’s emotional and physical health and safety

**Types of Domestic Violence**

* **Verbal:** Threatening to hurt you or your child
* **Psychological**: Calling you names or putting you down
* **Physical**: Slapping, choking or kicking you
* **Sexual**: Forcing you to have sex
* **Economic**: Not letting you work or go to school

**Victims of Domestic Violence May Feel**

* Many different things - it affects people in lots of ways
* Trapped or scared to leave or reach out for help
* Afraid, ashamed or alone

**Create a Safety Plan**

* A plan to keep your family safe – while at home, when planning to leave and after leaving
* Helps in a crisis when it’s hard to think calmly
* May include: a plan for how and to where you can safely escape, bag with important belongings, code word children know if needing to leave quickly, children know how to call 911 or a trusted contact
* Advocates from the National Domestic Violence Helpline can create a safety plan

# Helpful Resources

**National Domestic Violence Hotline |** *www.thehotline.org*

* Advocates available 24/7 for free, confidential help, information, crisis intervention, safety planning and connecting you to help nearby
* Help in over 200 languages
* Call **1-800-799-SAFE (7233)**, **1-800-787-3224 (TTY)** or **1-855-812-1001 (video phone - if deaf)**
* Visit the website and choose **“Chat Now”** for English 24/7. **“Chat in Spanish”** from12 – 6pm CDT
* Your computer use can be monitored; if you’re afraid this may be happening, call a hotline
* Pamphlets with information on DV should be hidden in a safe place, like in a shoe or under clothes

**You don’t deserve to be treated this way!**

**Make your home a safe place for love, not violence.**

**If you’d like help, please tell your child’s doctor or nurse.**

