

# 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](http://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”** from 12 – 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.**

