Did You Know?

1 in 3 1 in 5

Studies show that one in three women will be abused in their lifetime.

One in five teenagers has experienced violence in a dating relationship.

Is someone you know in an unhealthy relationship? You can help.

If you're concerned about a friend who isn't being treated the way you think she/he should, there are things you can do.

- Share information and let them know you are concerned.
- Remind your friend of their great qualities and that they deserve to be treated with respect.
- Go with your friend to see an advocate or counselor.

What if your friend is being abusive towards his/her partner? How can you respond?

- Don't ignore it. Speak up and let him/her know that what they're doing is hurtful.
- Give him/her information about where to get help.
- If you witness an incident, help him/her to walk away from the situation and cool down.

Where you can go for more information or to talk with a counselor

The Adolescent Health Center in Revere 781-284-1483

HAVEN at Mass General Hospital Revere 781-485-6108

The National Domestic Violence Hotline I-800-799-SAFE(24hrs/day)

Safelink

Massachusetts Statewide Domestic Violence and Sexual Assault Hotline 1-877-785-2020 (24 hrs/day)

See It and Stop It www.seeitandstopit.org

Your School Social Worker or School Nurse

HAVEN at Mass General Hospital, Revere

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Relationships

Is Your Relationship Healthy?



Or is it Controlling or Abusive?

OPEN to learn more

What is an Unhealthy Relationship?

An unhealthy relationship is a relationship that is out of balance where one person has power and control over the other. This person may use physical, sexual, or verbal abuse to maintain their power and control.

This wheel image illustrates VIOLENCE some of the many ways Physical relationship. that people gain power Sexual and control over their partners. **ANGER/EMOTIONAL ABUSE PEER PRESSURE** Putting her/him down. Making Threatening to expose her/him feel bad about her or someone's weakness or spread himself. Name calling, Making rumors. Telling malicious lies about an individual her/him think she/he's crazy. Playing mind games. to peer group. Humiliating one another. Making her/him feel guilty. ISOLATION/EXCLUSION USING SOCIAL STATUS Controlling what another does, Treating her like a servant. who she/he sees and talks to, what Making all the decisions. Acting she/he reads, where he/she goes. like the "master of the castle." Limiting outside involvement. Being the one to define men's Using jealousy to justify actions. and women's roles. **TEEN POWER** AND **SEXUAL COERCION** INTIMIDATION CONTROL Manipulating or making threats Making someone afraid by to get sex. Getting her pregnant. using looks, actions, gestures. Threatening to take the children Smashing things. Destroying away. Getting someone drunk property. Abusing pets. MINIMIZE/ or drugged to get sex. **THREATS** Displaying weapons. Making and/or **DENY/BLAME** Making light of the carrying out threats abuse and not taking to do something to hurt another. Threatening concerns about it to leave, to commit suicide, seriously. Saying the abuse to report her/him to the police. didn't happen. Shifting responsibility for abusive Making her/him drop charges. Making her/him do behavior. Saying she/he illegal things. caused it. Physical VIOLENCE

What is a Healthy Relationship?

In a healthy relationship, you are treated as the fabulous person you are. A healthy relationship feels good. Healthy relationships require that both partners give and take so that there is room for both of their thoughts, opinions and desires. This give and take creates

balance and equality in the

Other qualities of a healthy relationship:

- There is freedom in the relationship.
- You feel good about yourself.
- There is trust between you.
- You feel safe in the relationship.
- Your partner suppor ts your goals.
- You can be open and honest with each other.
- It is fun to be in the relationship.

How are you treating your partner?

Take a quick relationship quiz

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|--|-----|---|
| | | Do you tell your partner who to hang out with? |
| | | Do you blame your partner for things you're responsible for? |
| | | Do you constantly keep your partner "in check?" |
| | | Do you accuse your partner of cheating? |
| | | Do you pressure your partner to have sex or do sexual things they don't like? |
| | | Do you frequently get angry and out of control with your partner? |
| | | Have you ever hit, pushed, grabbed, or threatened your partner? |
| | | Is your partner afraid of you? |
| If you answered yes to any of these questions, | | |

help is available. You always have a choice to change your behavior. Talk to a counselor, your health care provider, or visit the following website for more information:

www.mass.gov/dph/fch/bi/biplist.htm