

healthy relationships



Everyone
deserves to be
in healthy, safe
relationships
that reflect six
basic qualities –
respect,
honesty,
fairness,
support, trust
and good
communication.

what's unhealthy?

Abuse is when a person uses power to control their partner. **Abusive behavior** doesn't always cause pain or leave a bruise, but it's still unhealthy.

Unhealthy relationships often involve **abuse**.

- **Verbal** – calling names, threatening, being overly critical or demeaning to a partner. Telling them what to do, what to wear or with whom they spend their time.
- **Emotional** – making a partner feel like they don't say or do anything right. Blaming them for everything that goes wrong. Excessive "checking in," calling or texting.
- **Physical** – pushing, pulling, scratching, hitting, strangling or kicking. Throwing something at a partner, like a phone, book or shoe. Using a gun, knife, box cutter, bat or mace as a weapon.
- **Sexual** – forcing or pressuring a partner to do something sexually that they don't want to do. Does not ask for consent or listen when their partner says "no" – either verbally or through their body language.
- **Digital** – using social media, texts, email, and location-based apps to stalk, harass, or scare a partner. Steals or insists on knowing passwords.

know your rights

In any relationship, even if people are married, it is important to know everyone has the right to:

- Protect or defend themselves
- Set limits or boundaries
- Disagree with their partner
- Have different interests, hobbies and friends
- Trust their own feelings; leave a situation when their instincts tell them to do so
- Refuse or stop sex at any time
- End a relationship that is not healthy
- Report abuse
- Get help



signs of a healthy relationship:

- The relationship makes each person feel good about themselves.
- The relationship grows and becomes stronger over time.
- Each person can express themselves without fear of shame or violence.
- Each person enjoys spending time together as well as spending time apart.
- Each person can talk openly about emotions even if it feels hard to say.
- Problems are solved in a way that satisfies each partner's needs.
- Each person accepts responsibility for their words and actions.
- Decisions are made together about work, school, money and activities.
- Each person maintains friendships outside of the relationship.
- No one uses threats, violence or manipulative actions.
- Chores or responsibilities are shared.
- Each person cares about their partner's pleasure and boundaries.
- Parenting responsibilities and pregnancy prevention are shared.
- Each person takes steps to prevent sexually transmitted infections.

consent

Consent is all about setting your personal boundaries and respecting those of your partner(s) – and checking in if things aren't clear.

All people must agree to sex – every single time – for it to be consensual. Without consent, any sexual activity is sexual assault or rape.

Use the acronym FRIES to remember how consent works:

- **Freely given.** Consenting is a choice a person makes without pressure, manipulation or under the influence of drugs or alcohol.
- **Reversible.** Anyone can change their mind about what they feel like doing, anytime. Even if they've done it before, and even if they're naked in bed.
- **Informed.** A person can only consent to something if they have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **Enthusiastic.** When it comes to sex, a person should only do stuff they WANT to do, not things they feel they're expected to do.
- **Specific.** Saying yes to one thing (like going to the bedroom to make out) doesn't mean a person has said yes to other things (like having sex).

There are laws about who you can and cannot get consent from. If someone is unconscious, under the influence, underage or unable to understand you cannot get consent from them.

Remember: Sexual violence doesn't happen in one single way. There doesn't need to be a weapon involved and the victim doesn't need to have fought back, screamed, or said "no" repeatedly in order for it to count as rape or sexual assault.

If you or someone you know has experienced this type of violence, you're not alone, and help is available.

where to get help

If you (or someone you know) are in an emotionally, physically or sexually abusive relationship, don't be afraid to talk to others. Seek help from a trusted friend, medical provider, counselor or crisis hotline.

RAINN Hotline (Rape, Abuse and Incest National Network)
1.800.656.HOPE
rainn.org

The Anti-Violence Project: AVP
212-714-1141
avp.org/get-help/call-our-hotline

National Domestic Violence Network
1.800.799.7233
thehotline.org

Planned Parenthood
1.800.230.PLAN

education programs

Planned Parenthood offers school, community, parental and professional programs on healthy relationships and sexual assault prevention.

For more information on our programs and scheduling, email educate@ppsw.org.

www.ppswo.org

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Call **1.800.230.PLAN** or visit **ppsw.org** to learn more or to find the Planned Parenthood Health Center nearest you.