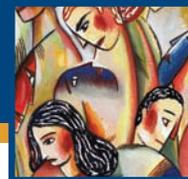


Is My Relationship Healthy?



Healthy and Safe Relationship	Unhealthy and Unsafe Relationship
<p>Physical Safety</p> <ul style="list-style-type: none"> • My partner respects and protects me in private and in public. • I feel that my privacy and personal space are respected. • We both understand that there is never a reason to physically hurt one another. 	<p>Physical Danger</p> <ul style="list-style-type: none"> • My partner hits me, chokes me, drags me, kicks me, pulls my hair, twists my arms, holds me down, or uses or threatens to use a weapon against me. • I am afraid that my children will also be hurt. • My pets are threatened or hurt by my partner.
<p>Respect</p> <ul style="list-style-type: none"> • My partner values my opinions and ideas. • We support each other's dreams and goals. • My partner understands and respects my right to have different friends and interests. 	<p>Disrespect</p> <ul style="list-style-type: none"> • My partner calls me names and puts me down. • My ideas, goals or friends are not respected. • My partner is kind and charming in public, but is mean and cruel at home. • I am afraid that my belongings and things I love will be destroyed.
<p>Decision Sharing</p> <ul style="list-style-type: none"> • We are true partners and make decisions together. 	<p>Decision Control</p> <ul style="list-style-type: none"> • My partner always decides. • My partner acts like a master and treats me like a servant.
<p>Sexual Respect</p> <ul style="list-style-type: none"> • My partner understands that "no" to sex means "no." • I never feel pressured sexually to do anything I don't want to do. 	<p>Sexual Control</p> <ul style="list-style-type: none"> • My partner forces me to have sex against my will. • I feel my partner uses sex to control me.
<p>Emotional Freedom</p> <ul style="list-style-type: none"> • Our relationship is a safe place for me to be myself. • I am able to express my feelings and needs. • My partner never uses threats of violence. 	<p>Emotional Control</p> <ul style="list-style-type: none"> • My partner is jealous and controlling of all my actions. • My partner threatens to leave and blames me when things go wrong. • I feel afraid all the time.
<p>Financial Liberty</p> <ul style="list-style-type: none"> • I have freedom to decide how I make and spend money. 	<p>Financial Control</p> <ul style="list-style-type: none"> • My partner doesn't let me have my own job and controls all the money.

**You have the right to a safe relationship.
For help, talk to your health care provider.
Call 311 or 1-800-621-HOPE (4673)**