### Healthy and Safe Relationship

#### Physical Safety
- 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.

#### Respect
- 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.

#### Decision Sharing
- We are true **partners** and make decisions together.

#### Sexual Respect
- My partner understands that “**no**” to sex means “**no**.”
- I never feel pressured sexually to do anything I don’t want to do.

#### Emotional Freedom
- 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.

#### Financial Liberty
- I have **freedom** to decide how I make and spend money.

### Unhealthy and Unsafe Relationship

#### Physical Danger
- 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.

#### Disrespect
- 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.

#### Decision Control
- My partner always decides.
- My partner acts like a master and treats me like a **servant**.

#### Sexual Control
- My partner **forces** me to have sex against my will.
- I feel my partner uses sex to control me.

#### Emotional Control
- 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.

#### Financial Control
- My partner **doesn’t let me** have my own job and controls all the money.

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

Help is available 24 hours a day. Services are free, confidential, in many languages and available to everyone regardless of immigration status.