

HEALTHY RELATIONSHIPS

- Trust each other
- Respect each other
- Value each other's views
- Support each other's goals
- Share in decision making
- Express feeling openly
- Listen to each other
- Accept each other's differences

UNHEALTHY RELATIONSHIPS

WARNING SIGNS:

1. **Emotional** - Insults you and isolates you from friends and family, never wants to be without you and does not trust you or others.
2. **Physical** - Rough with you, hitting, kicking, shoving, choking or use of a weapon to control you.
3. **Sexual** - Forces you to have sex or any unwanted sexual contact. Using threats or suggests that if you really love them you will submit to them.



Rape & Suicide Crisis Center
of Southeast Texas, Inc.

P.O. Box 3208
Beaumont, TX 77704
Phone (409) 832-6530
Fax (409) 832-4324

24 - Hour

HOTLINE

1-800-7-WE-CARE

409-835-3355

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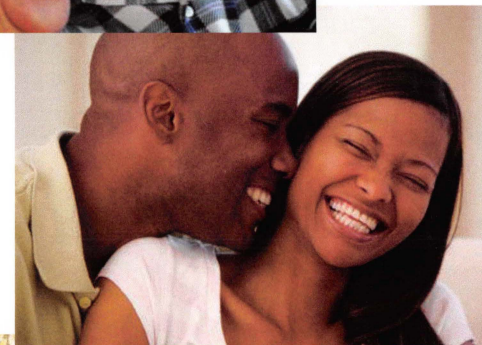
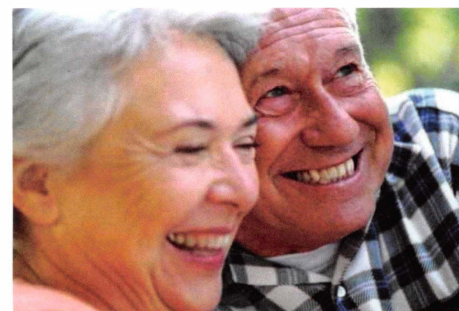
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Southeast Texas, Inc.*

Healthy Dating Relationships

How to avoid dating abuse



RULES FOR HEALTHY DATING

1. Get to know the person as a friend.
2. Go out in groups or double-date at first to be safe.
3. Know the plans for the date or help plan the date...know where you are going.
4. Set personal limits to intimacy and make them clear from the start of the relationship.
5. Don't rush the relationship; let a friendship develop.
6. Know how to disagree and communicate assertively.

ASSERTIVE COMMUNICATION

- Speak for yourself
- Listen for feelings as well as facts
- Don't use put-downs toward others
- Stick to the subject
- Make plans to talk after you have had time to cool down
- Know your goal for the conversation
- Learn how to resolve conflicts

FACTS & MYTHS ABOUT RELATIONSHIPS

1. **MYTH** - "He's the boss."
FACT - In a healthy relationship, neither person controls the other.
2. **MYTH** - "She owes me sex because I paid for the date."
FACT - No one is for sale, and no one ever owes anyone sex.
3. **MYTH** - " 'NO' really means 'YES'."
FACT - 'NO' MEANS 'NO'!!!
4. **MYTH** - "Jealousy is a sign of love."
FACT - Jealousy and possessiveness are not signs of love, but signs of insecurity and a need to control.
5. **MYTH** - "My partner is responsible for my happiness."
FACT - No, we are each responsible for our own happiness and should be happy without a partner in our lives.



You Deserve a Healthy Relationship!

Understand what makes a relationship more healthy.

Remember that you are both equal.

Respect each other's rights more and your own.

Don't rush your relationship;
take it slow.

For help in an abusive relationship CALL:

Rape & Suicide Crisis Center
409-835-3355 800-7-WE-CARE

**RAINN Rape, Abuse, & Incest
National Network Hotline**
1-800-656-4673

National Domestic Violence
1-800-799-SAFE (7233)

National Suicide Hotline
1-800-273-8255

**National Alliance On Mental
Illness - Texas**
1-800-633-3760