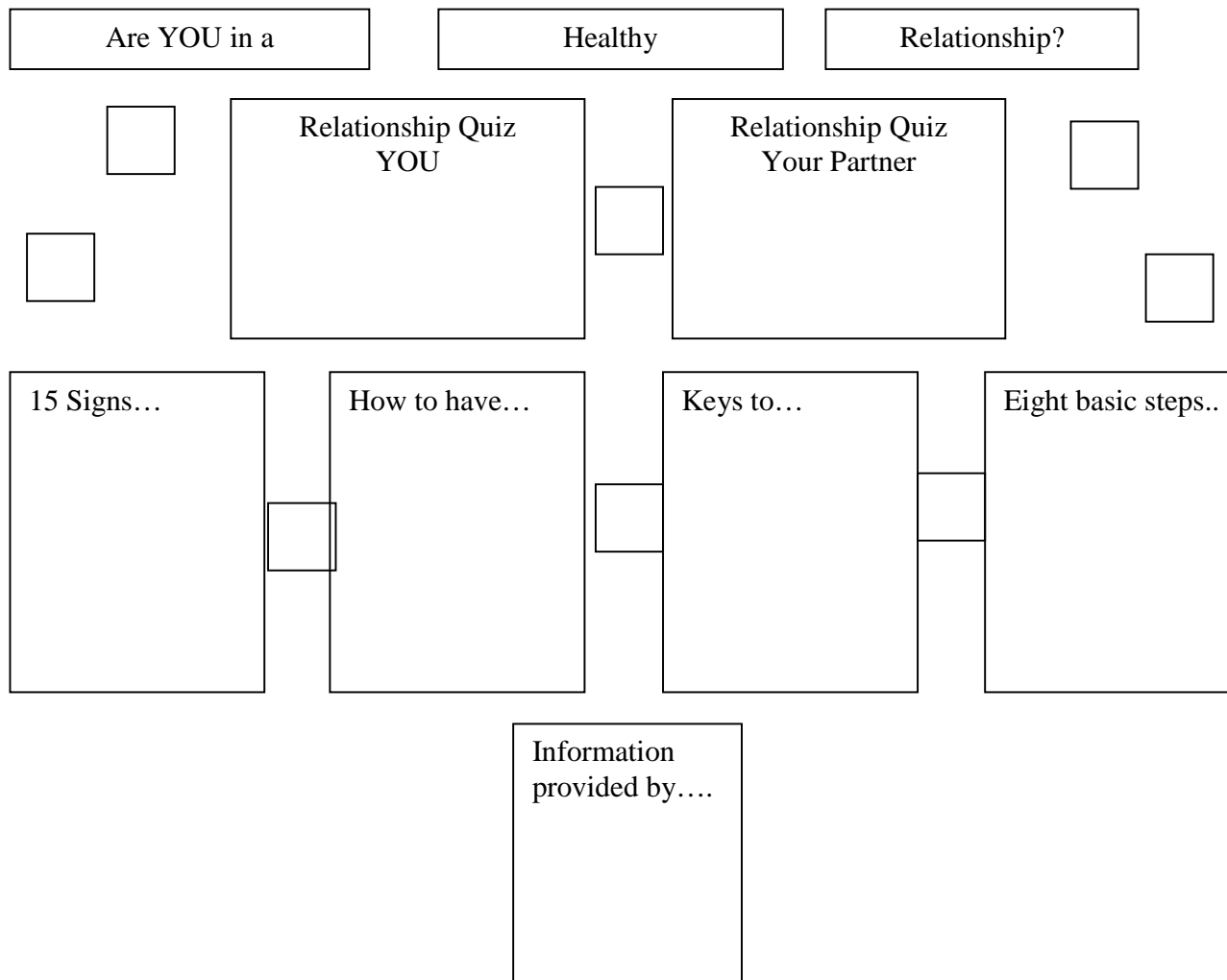


Directions for "Are You in a Healthy Relationship?" bulletin board.

1. Cut out title page along dotted lines for display across top of bulletin board. Trim them further if desired.
2. Cut out images on page 3 of document for use as space fillers anywhere on the board.
3. A suggestion for the layout is below:



Are YOU in a

Healthy

Relationship?



Relationship Quiz

Place a check next to each statement that describes YOU...	
<input type="checkbox"/>	Can't be honest about your feelings and can't talk about them freely with your partner.
<input type="checkbox"/>	Think you can make your partner's problems go away.
<input type="checkbox"/>	Are afraid of your partner's temper, so you avoid making him/her angry.
<input type="checkbox"/>	Usually feel unhappy in this relationship.

If you checked one or more of the above, you may be in an unhealthy relationship.



Relationship Quiz

Place a check next to each statement that describes
YOUR PARTNER...

	Wants to know where you are and who you are with at all times.
	Won't let you talk to others, even if they are your friends. He/she is very jealous.
	Criticizes your friends or family and asks you to stop seeing them.
	Decides how you spend your time together.
	Has the power to make you feel bad and uses it.
	Scares you by driving fast, drinking too much or doing other risky things.
	Has threatened to hurt you or has hurt you even if he/she is sorry afterwards.
	Makes threats about hurting your friends or pets, or threatens to kill himself or herself if you don't obey or agree.
	Pressures you to do sexual things you don't want to do and puts you down when you refuse.
	Does not support your decision to practice safer sex.

If you checked one or more of the statements, you may be in an unhealthy relationship.

From: <http://www.peelregion.ca/health>



15 Signs of an Abusive Relationship

How do you know if you are in an abusive relationship? Below are some warning signs. Please take these signs seriously. No amount of love will compensate for these inappropriate behaviors.

- 1) A push for quick involvement
- 2) Jealousy
- 3) Controlling behaviors
- 4) Unrealistic expectations
- 5) Isolation
- 6) Blames others for problems and mistakes
- 7) Makes everyone else responsible for his feelings
- 8) Hypersensitivity
- 9) Cruelty to animals and children
- 10) "Playful" use of force during sex
- 11) Verbal abuse
- 12) Rigid sex roles
- 13) Sudden mood swings
- 14) Past battering (of you or of others)
- 15) Threats of violence

From: <http://date.lifetips.com/tip/41669/warning-signs/warning-signs/15-signs-of-an-abusive-relationship.html>



HOW TO HAVE A SUCCESSFUL RELATIONSHIP

- **Communicate with each other**
- **Do not bring your past relationship into your present one**
- **Learn from each other**
- **Admit mistakes when they are made**
- **BE HONEST!**
- **Incorporate laughter into the relationship. No one wants a dull partner.**
- **Be supportive of one another**



Keys to Healthy Communication

- Be an active listener (don't interrupt, focus on what is being said rather than planning a response in your mind)
- Check things out to make sure you didn't misunderstand
- When it is your turn to talk, be clear
- Try not to raise your voice; when you increase the volume, it is likely the other person will tune you out!
- Create an environment of emotional safety (e.g. no name calling)
- Understand each others' family patterns and how they might impact the style of your relationship
- Discuss one issue at a time
- Consider timing: sometimes things do not have to be resolved right away and having some time to think first is important
- Resist the temptation to rehash difficulties from the past
- Agree to disagree and move on

Eight Basic Steps to Maintaining a Good Relationship

1. Be aware of what you and your partner want for yourselves and what you want from the relationship.
2. Let one another know what your needs are.
3. Realize that your partner will not be able to meet all your needs. Some of these needs will have to be met outside of the relationship.
4. Be willing to negotiate and compromise on the things you want from one another.
5. Do not demand that a partner change to meet all your expectations. Work to accept the differences between your ideal mate and the real person you are dating.
6. Try to see things from the other's point of view. This doesn't mean that you must agree with one another all the time, but rather that both of you can understand and respect each other's differences, points of view, and separate needs.
7. Where critical differences do exist in your expectations, needs, or opinions, try to work honestly and sincerely to negotiate. Seek professional help early rather than waiting until the situation becomes critical.
8. Do your best to treat your partner in a way that says, "I love you and trust you, and I want to work this out."

From: <http://cmhc.utexas.edu/healthyrelationships.html>

Information

presented by:



Health, Wellness, and Recreation Center

Room 1106

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