

Healthy Relationships Toolkit

Quick Facts

- **1 in 3 young people** will be in an abusive or unhealthy relationship.
- Violent behavior often **begins between 6th and 12th grade**. 72% of 13 and 14-year-olds are “dating.”
- Females between the ages of 16 and 24 are **3 times more likely** than the rest of the population to be abused by an intimate partner.
- Roughly **1.5 million high school boys and girls** in the U.S. admit to being intentionally hit or physically harmed in the last year by someone they are romantically involved with.

The “building blocks” of a healthy relationship:

Trust

Boundaries

Mutual Respect

Open Communication

The equality wheel shows the qualities in a healthy relationship.

This wheel was adapted from Domestic Abuse Intervention Programs (DAIP)



Relationships exist on a **spectrum**:

All relationships exist on a spectrum from healthy to abusive to somewhere in between. The chart below lays out behaviors that occur in healthy, unhealthy, and abusive relationships.

A full version of this chart can be found on loveisrespect.org.

HEALTHY

UNHEALTHY

ABUSIVE

A **healthy relationship** means that both you and your partner are:

Communicating: you talk openly about problems, listen to each other and respect each other’s opinions.

Honest: you are honest with each other but can still keep some things private.

An **unhealthy relationship** is if one or both partners are:

Not communicating: when problems arise, you fight or don’t discuss them at all.

Dishonest: one or both partners tell lies.

Abuse is occurring in a relationship when one partner:

Communicates in a way that is hurtful, threatening, insulting, or demeaning.

Disrespects the feelings, thoughts, decisions, opinions, or physical safety of the other.

TYPES OF ABUSE

PHYSICAL: Hitting, slapping, threats of physical abuse, kicking, biting, pushing, strangulation.

SEXUAL: Any unwanted sexual behavior or contact, pressuring you to send sexual photos without your consent.

EMOTIONAL: Name calling, put downs, yelling, playing mind games, threats to commit suicide.

SOCIAL: Controlling, disrespecting, or pressuring you in your mobile, IM, or social networks.

CYCLE OF ABUSE

Relationship abuse typically happens in a cycle, and as the relationship progresses, the time between stages gets shorter and shorter.

1. Tensions Building: tension increases, breakdown of communication, victim becomes fearful and feels the need to placate the abuser.



2. Incident: verbal, emotional, and physical abuse. Anger, blaming, arguing, threats, intimidation.



3. Reconciliation: abuser apologizes, gives excuses, blames the victim, denies the abuse occurred, or says that it wasn't as bad as the victim claims.



4. Calm: incident is "forgotten", no abuse is taking place. The "honeymoon" phase.

Leaving an abusive relationship is the most dangerous time, if you or someone you know needs help, call 360 Communities Lewis House.

We are available 24/7.

Lewis House, Eagan: 651.452.7288

Lewis House, Hastings: 651.437.1291

Sexual Assault Hotline: 651.405.1500

Relationship Checklist

THE PERSON I'M WITH...

- Supports the things I do and encourages me to try new things.
- Talks to me when they're unhappy with something in our relationship.
- Is willing to compromise.
- Understands that we have separate interests and can spend time apart.
- Respects my friends and family.
- Is OK with me having friends without getting extremely jealous of them or accusing me of flirting or cheating.
- Does not constantly check on me or make me check in about where I am or who I'm with.
- Doesn't try to control what I do, who I see, what I wear, how I look, or who I talk to.
- Makes me feel safe and doesn't physically hurt me.
- Does not pressure, guilt, or force me into having sex or going further than I want to.

These are all signs of a healthy relationship. Remember that while you may have a healthy relationship, it's possible a friend or someone you know does not.

HOW TO HELP

- Connect with an advocate! Get help from someone who is an expert.
- Be a supportive non-judgemental listener.
- Believe them!
- Help develop a safety plan.
- Understand this is their decision and in their own timing.

[Visit our resources page:](#)

