What is a HEALTHY relationship?

- It involves absolutely NO physical or emotional abuse.
- Sexual activity between you and your partner is ALWAYS consensual.
- Even if you disagree or have a fight, you always treat each other with RESPECT.
- Your partner supports you through tough times no matter what.
- You TRUST each other to do what's right for the other person.
- You are HONEST with each other.
- You're both cool with having your own activities and friends separate from each other.
- You can be OPEN and DIRECT without fear of retaliation or manipulation.
What is an UNHEALTHY relationship?

- It involves ANY kind of physical or emotional abuse.
- It includes any kind of forced sexual activity.
- You focus all of your time and energy on your partner and neglect yourself.
- Your partner wants you to change to meet his or her standards.
- You have to justify what you do, where you go, and who you see.
- One of you makes all the decisions and controls everything.
- You lie to each other.
- You always make excuses for your partner.
- You have NO personal space.
- You suffer from chronic depression and/or have low self-esteem.

Help a friend in an UNHEALTHY relationship.
Your friend may not ask you for help. You may be thinking it’s none of my business or if it’s so bad, why do they stay? Sexual and domestic violence on campus is everyone’s business. It’s important that you recognize the signs of an unhealthy relationship and talk to your friend openly about getting help.

Offer to listen and support them.
While it’s important to talk to your friend, let them set the pace. Don’t place blame on your friend and never underestimate the danger they may be in. Support your friend. Remind them of what makes them special and stress that they deserve a life that is free from sexual and domestic violence.

Learn more.
Learn more about unhealthy and violent relationships. Contact your campus dating and/or sexual violence program, counseling office or even talk to a resident assistant that you trust to help you get more information.

Get help from community services.
There are programs off campus that can assist you whether you have been sexually assaulted or are in an unhealthy relationship. These programs offer crisis intervention, counseling, advocacy and legal services. Visit www.mcasa.org and click on Rape Crisis and Recovery Centers for more information.

If you are in an unhealthy relationship, help is available. Even if you just need to talk.

Call the National Sexual Assault Hotline at 1-800-656-HOPE (4673).