

How are things feeling?

Do my partner(s):

- ✓ Support me and respect my choices?
- ✓ Support me in spending time with friends or family?

Do I:

- ✓ Feel comfortable talking about my feelings, sex, and other important things with my partner(s)?
- ✓ Support my partner(s), their independence, and their identities?

These are some elements of healthy relationships, which can contribute to good physical and mental health.

Everyone deserves to have partners who respect them and listen to what they want and need. Ask yourself:

Do I have concerns about the way

- ✓ I am being treated?
- ✓ I am treating my partner(s)?

Unhealthy relationships can have negative effects on your health.

Unhealthy: Do you or your partner...

- ✗ Use guilt or jealousy to influence what the other person does or who they see?
- ✗ Put the other person down or make them feel bad about themselves?
- ✗ Threaten to out the other's gender identity, sexual orientation, HIV status or immigration status to friends, family, or at work?
- ✗ Refuse to recognize the other person's name, pronoun, identity or preferred language?
- ✗ Control the other's money or spending freedom?
- ✗ Restrict the other's access to medicine (hormones, anti-anxiety/depression, PrEP/PEP, ART, substance replacement therapy, birth control)?
- ✗ Use the other's children to control or hurt them?
- ✗ Pressure the other person to do something sexual they don't want to do? Or fetishize or exoticize the other person's identity and/or body without consent?

Actions like these can be harmful for your emotional and physical health. Help is available.

Is your relationship affecting your health?

- ✓ Do you often feel depressed, anxious or stressed? Is your relationship making it worse?
- ✓ Are you drinking, smoking, or using drugs in order to cope with what is going on in your relationship(s)?
- ✓ Have you noticed a change in your appetite, weight, or sleeping habits?
- ✓ Do you have health issues that can be worsened by chronic stress?

The resources on the back of this card can help you make a plan to talk to your provider about how your relationship could be affecting your health.

You are not alone

Abuse and/or domestic violence occurs in all kinds of relationships.

The fact that it happens often does not make it okay.
You deserve to be in a relationship that is supportive and feels good. **Help is available.**

A plan that works for you

If you feel that there is something not right about your relationship it could be helpful to talk with a trusted friend or advocate about what you have been experiencing.

Together, you could formulate a plan about:

- ✓ How to get support for things you may be doing to help you cope, such as: binge drinking, using drugs, eating too much or too little.
- ✓ How to connect with your health provider about what to do if your partner is restricting your access to medications or health visits, and other ways that your relationship could be affecting your health.
- ✓ How to reduce harm within your relationship and/or develop a safety plan.
- ✓ How to connect with resources on the back of this card and in your community to learn about your options.

National, confidential hotlines can connect you to local resources and provide support 24/7 via phone, text, or online chat:

National Domestic Violence Hotline
1-800-799-7233 | 1-800-787-3224 (TTY)
thehotline.org

The Trevor Project
Crisis line for LGBTQ Youth
866-488-7386 | thetrevorproject.org

Developed in collaboration with the Los Angeles LGBT Center, API Institute on IPV, Casa de Esperanza, National Coalition of Anti-Violence Programs, FORGE, Kaiser Permanente of Northern California, The Network/La Red and the University of Pittsburgh

©2016 Futures Without Violence. All rights reserved.
Funded by the U.S. Department of Health and Human Services' Administration on Children, Youth and Families (Grant #90EV0414). Illustration by Vero D. Orozco

Other helpful resources:

The Northwest Network
nwnetwork.org

National Coalition of Anti-Violence Programs
ncavp.org

FORGE for trans people and allies
forge-forward.org

The Northwest Network
of bi, trans, lesbian & gay survivors of abuse



FUTURES WITHOUT VIOLENCE

futureswithoutviolence.org

Caring Relationships, Healthy You

