

Domestic violence is a health issue. Your healthcare provider will talk about healthy relationships with you and may ask if domestic violence or abuse is a part of your life.

Knowing that you are in an unhealthy relationship or are having unwanted sex isn't always easy. If you have questions, or even if you aren't sure, talk to your healthcare provider or call the phone numbers at the back of this handout.



No one ever deserves to be the victim of abuse.

For More Information

To help you recognize unhealthy relationships and abuse in all its forms.



For private 24-hour support:

- 403-234-SAFE (7233) in Calgary
- 1-866-606-SAFE (7233) toll-free

www.connectnetwork.ca

Websites

www.familyviolence.alberta.ca

For translated resources go to:
www.humanservices.alberta.ca/abuse-bullying/15677.html#jm_translated

For 24/7 nurse advice and general health information, call Health Link at 8-1-1.

This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.

health information

Relationships: What is Healthy and What is Not



The information in this handout will help you think about the kind of relationship you have with your partner.



How do I know if my relationship is healthy?

Sharing Feelings

Both partners feel safe and strong enough to tell each other how they really feel.

Communicating

Both partners listen to and respect each other's points of view. They make decisions together.

Disagreements

A couple has disagreements and still talk respectfully to each other. They work things out together, so they both get what they need.

Intimacy and Sex

Both partners can be honest about how they feel about being physical and having sex. Neither partner feels pressured to do anything he or she doesn't want to do.

Time Alone

Both partners can spend time alone and think of this as a healthy part of the relationship.

Verbal Abuse

A couple tries hard not to talk harshly to or about each other.

Violence

There is **no** physical violence or threat of violence in the relationship.

How do I know if I'm in an unhealthy relationship?

Sharing Feelings

Partners feel awkward and don't tell each other how they really feel.

Communicating

One partner ignores the other and doesn't respect different opinions.

Disagreements

Disagreements often turn into fights.

Intimacy and Sex

One partner is embarrassed to say how he or she feels or what he or she needs. This makes the person go along with things that he or she may not be comfortable with.

Time Alone

One partner thinks there may be something wrong if the other person wants to do things without him or her. One partner tries to keep the other to him or herself.

Verbal Abuse and Violence

There have been a few times harsh language was used in the relationship, but no clear pattern of abuse or violence.

How do I know if I'm in an abusive relationship?

Sharing Feelings

One partner is afraid to tell the other how he or she really feels. He or she is scared of getting "put down" or threatened.

Communicating

One partner treats the other with disrespect. He or she ignores the other person's ideas and feelings or makes fun of him or her.

Disagreements

One partner is afraid to disagree because he or she doesn't want the other person to get angry and violent. The disagreement is used as an excuse for abuse.

Intimacy and Sex

One partner ignores the other person's needs and wants. The other partner is pushed into doing things that make him or her feel uncomfortable, afraid, or ashamed.

Time Alone

One partner doesn't let the other spend time doing things on his or her own because it is a threat to the relationship.

Verbal Abuse

There is a pattern of increasing or ongoing verbal or psychological abuse (e.g., not getting money, damaging belongings, threats to hurt or kill the person).

Violence

There is increasing or ongoing pattern of pushing, slapping, shaking, choking, punching, or forced sexual contact.