

Everyone Deserves Healthy Relationships

In a healthy relationship there is a foundation of trust, honesty, and open communication. This foundation allows people to feel supported and the freedom to voice their needs. This information may be helpful for you or someone you know.

A HEALTHY RELATIONSHIP HAS:

- **Trust:** the ability to believe in each other's words and actions, no need to "prove" themselves.
- **Honesty:** being open and truthful with each other.
- **Good Communication:** the ability to talk openly about problems, while listening to each other. Respecting each other's opinions, especially when opinions differ.
- **Respect:** valuing each other for who they are without trying to change the other person. This includes valuing each other's emotional, physical, sexual, spiritual, and digital boundaries.
- **Equality:** making decisions together and holding each other to the same standards in the relationship.

People want loving relationships, and everyone deserves to feel safe. But not everyone has that, and it can be hard to know when to reach out for help. When we're in a relationship it can be hard to know what the "line" is between conflict and abuse.

SOME EXAMPLES OF ABUSIVE BEHAVIORS INCLUDE:

- Name-calling
- Driving dangerously
- Threatening you
- Throwing objects or destroying things
- Hurting you, including your head, neck, or face, or making it hard for you to breathe
- Hurting pets
- Controlling money and bank accounts
- Not allowing you to disagree or make mistakes
- Denying you respect and independence
- Offering choices that don't feel like real choices / setting you up to fail either way
- Isolation from friends and family
- Controlling your daily activities, monitoring your communications
- Using location tracking and accusing you of lying or cheating
- Ignoring your wishes around touching and sex
- Undermining your parenting

No relationship is perfect, but there's a difference between struggles you can work on together and situations that go beyond what's safe. There are resources to help.

What if I'm worried about my friend, family member, or coworker?

Share this card with them, and you can use these resources yourself to talk things through. These are complex, challenging situations and our best intentions can sometimes compromise safety and your connection with the person. Help is available.

Talk to an advocate, confidentially, 24/7:

National Domestic Violence Hotline

📞 **Call:** 1-800-799-SAFE(7233)

📱 **Text:** "START" to 88788

💻 **Chat:** TheHotline.org

Free, confidential counseling, 24/7:

Ohio Employee Assistance Program for state employees and their families through ComPsych

Call: 1-800-221-6327

Connect to local abuse resources:

The Center for Family Safety and Healing

Call: 614-722-8293 | M-F 8 a.m. – 8 p.m.

FamilySafetyandHealing.org



For additional resources, including for specific communities, identities and needs, scan the QR Code or visit odvn.org/state-of-ohio-employees

