

## Did You Know?

**1 in 3**

Studies show that one in three women will be abused in their lifetime.

**1 in 5**

One in five teenagers has experienced violence in a dating relationship.

### Is someone you know in an unhealthy relationship? You can help.

If you're concerned about a friend who isn't being treated the way you think she/he should, there are things you can do.

- Share information and let them know you are concerned.
- Remind your friend of their great qualities and that they *deserve* to be treated with respect.
- Go with your friend to see an advocate or counselor.

### What if your friend is being abusive towards his/her partner? How can you respond?

- Don't ignore it. Speak up and let him/her know that what they're doing is hurtful.
- Give him/her information about where to get help.
- If you witness an incident, help him/her to walk away from the situation and cool down.

### Where you can go for more information or to talk with a counselor

The Adolescent Health Center in Revere  
781-284-1483

HAVEN at Mass General Hospital Revere  
781-485-6108

The National Domestic Violence Hotline  
1-800-799-SAFE(24hrs/day)

Safelink  
*Massachusetts Statewide Domestic Violence and Sexual Assault Hotline*  
1-877-785-2020 (24 hrs/day)

See It and Stop It  
[www.seeitandstopit.org](http://www.seeitandstopit.org)

Your School Social Worker or School Nurse

HAVEN at Mass General Hospital, Revere

This program is partially supported by MOVA through the 1984 VOCA grant from the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice.

# LOOK Relationships

Is Your Relationship Healthy?



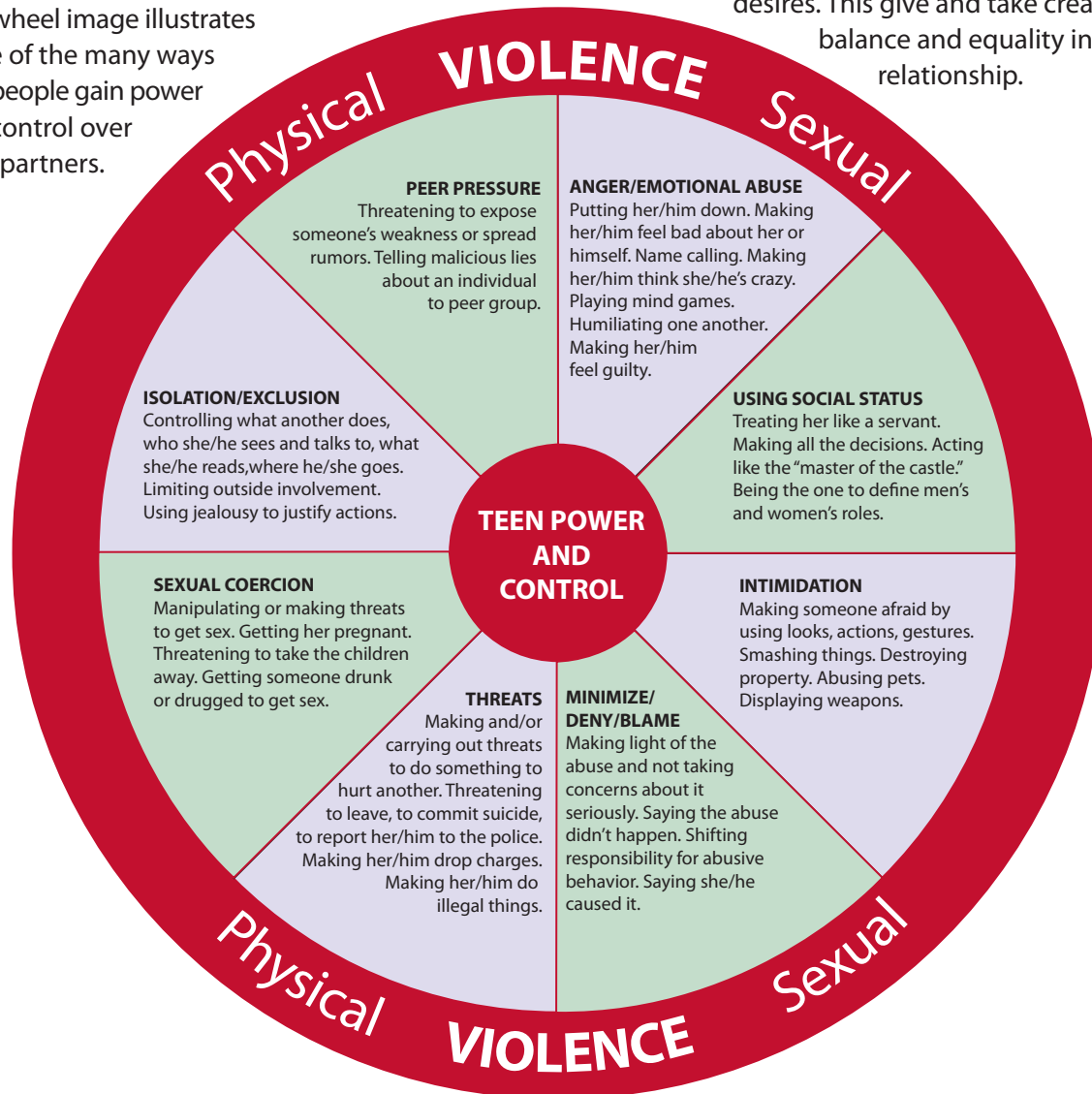
Or is it Controlling or Abusive?

OPEN to learn more

## What is an Unhealthy Relationship?

An unhealthy relationship is a relationship that is out of balance where one person has power and control over the other. This person may use physical, sexual, or verbal abuse to maintain their power and control.

This wheel image illustrates some of the many ways that people gain power and control over their partners.



## What is a Healthy Relationship?

In a healthy relationship, you are treated as the fabulous person you are. A healthy relationship feels good. Healthy relationships require that both partners give and take so that there is room for both of their thoughts, opinions and desires. This give and take creates balance and equality in the relationship.

## Other qualities of a healthy relationship:

- There is freedom in the relationship.
- You feel good about yourself.
- There is trust between you.
- You feel safe in the relationship.
- Your partner supports your goals.
- You can be open and honest with each other.
- It is fun to be in the relationship.

## How are you treating your partner?

Take a quick relationship quiz

Yes No

- Do you tell your partner who to hang out with?
- Do you blame your partner for things you're responsible for?
- Do you constantly keep your partner "in check?"
- Do you accuse your partner of cheating?
- Do you pressure your partner to have sex or do sexual things they don't like?
- Do you frequently get angry and out of control with your partner?
- Have you ever hit, pushed, grabbed, or threatened your partner?
- Is your partner afraid of you?

If you answered yes to any of these questions, help is available. You always have a choice to change your behavior. Talk to a counselor, your health care provider, or visit the following website for more information:

[www.mass.gov/dph/fch/bi/biplist.htm](http://www.mass.gov/dph/fch/bi/biplist.htm)