

Healthy Relationships

What is a Healthy Relationship?

- Healthy relationships allow both partners to feel supported and connected yet still feel independent.
- In a healthy relationship, if something doesn't feel right, you have the freedom to voice your concerns to your partner.

Characteristics of a Healthy Relationship

- Partnership (Joint Decisions, Shared Responsibilities)
- Economic Equality (Freedom in issues of work, Ability to make financial decisions)
- Emotional Honesty (Safe to express emotions)
- Sexual Respect (Accepts that No means No, Caring of partners needs and wants)
- Physical Safety (Respects Partner's space, Expresses issues without violence)
- Supportive, Trusting (Values partner's opinion, encourages autonomy)
- Respectful (Safe, comfortable relationship, sensitive to each other's needs)

Tips for Making Your Relationship Healthier

- Respect each other's boundaries
- Don't blame each other
- Listen to each other
- Work on one issue at a time
- Compromise
- Be honest
- Stand in the other person's shoes
- Be committed
- Celebrate each other's successes
- Trust your partner, don't check up on them

Warning Signs of an Unhealthy Relationship

- Domination (Abuser decides, Servant-Master relationship)
- Economic Abuse (Denies job freedom, Withholds or controls money)
- Emotional Manipulation (Using emotions such as jealousy or passion to justify controlling partner's behavior, making you feel like no one else will want to be in a relationship with you)
- Sexual Abuse (Forces partner into unwanted sex acts, Treats partner as sex object)
- Physical Abuse (Attempts to physically control partner by hitting, strangling, restraining, etc.)
- Controlling (Makes partner feel less than, isolates partner from friends)
- Intimidating (Charming in public, vicious in private, selfish)

If you believe you are in an unhealthy relationship, help is available.

- IHCC Employees – IHCC can help you find resources and are required to inform Title IX coordinators of the incident.
 - Campus Security – (641) 683-5300
 - Title IX Coordinator for concerns involving students (641) 683-5155
 - Title IX Coordinator for concerns involving faculty/staff (641) 683-5282
- Advocates – Family Crisis Center can help with safety planning, legal advocacy, medical advocacy, and more. Our counselor, at the Counseling and Prevention Resource Center, can help find resources and is not required to inform Title IX.
 - Family Crisis Center – 1-800-464-8340
 - Mental Health Counselor at Counseling and Prevention Resource Center – (641) 683-5152