

# Unhealthy Relationships

...can look many different ways. They don't have to include physical abuse to be considered unhealthy. Abuse is any behavior that is used to gain or maintain power and control over another person.

**Emotional Abuse:** Non-physical behaviors such as threats, name calling, humiliation, intimidation, isolation, or stalking.

**Physical Abuse:** Any intentional use of physical or non-physical force with the intent to cause fear or injury, like shoving, biting, strangling, or hair pulling.

**Sexual Abuse:** Any non-consensual sexual activity with a partner involving pressure, force, threats, or restriction of birth control.

**Cyber Abuse:** Using technology to intimidate, harass, embarrass, monitor, or control another person.

**Financial Abuse:** 99.9% of all abusive relationships include some form of financial abuse. Exerting power and control over a partner through their finances, ability to work, and limiting access to money.

## EVERYONE KNOWS SOMEONE



WILL EXPERIENCE ABUSE

UNHEALTHY

# RESOURCES



TurningPoint  
of Lehigh Valley

All services are confidential and at no cost.

- 24/7 Helpline
- Empowerment Counseling
- Legal Advocacy
- Training & Education
- Safe House & Transitional Housing



SCAN THE QR CODE FOR MORE INFORMATION

## Steps to Protect Yourself:

**Know where to get help.** Keep a list of important phone numbers (police, Turning Point, hospital, etc.) with you.

**Plan with your children.** Identify a safe place for them to go when they are afraid. Let them know their job is to stay safe, not protect you.

**Prepare an emergency kit that you can access quickly** (it may be best to keep it at a trusted neighbor or friend's house). Include:

- Extra set of car and house keys.
- Important documents (money, pay stubs, birth certificates, ID for you and your children, deed or lease to your house or apartment, court orders, etc).
- Change of clothes for you and your children.
- Medications and insurance info.

**Plan the safest time to get away.** Know which doors, windows, etc. provide escape.



TurningPoint  
of Lehigh Valley

# Healthy Vs. Unhealthy Relationships



24-HOUR HELPLINE  
**610.437.3369**

TOLL-FREE TTY  
**1.877.438.4957 610.419.4594**

turningpointlv.org



# Healthy Relationships

...require time and patience. The key to any healthy relationship is effective communication. Try to focus on your experience and how you feel instead of focusing on what the other person did wrong.

**Active Listening:** You will both have different opinions and feelings, so be willing to listen to the other person's side.

*“I hear that you're frustrated because...”*

**Mutual Respect:** Your partner's wishes and feelings have value, but it is equally important that they respect yours as well.

*“I don't agree with you but I respect your choice.”*

**Pause Button:** Everybody argues or disagrees, but it is important to know when to step back, take a pause, and talk about the issue when you're calm.

*“I feel like we're not getting anywhere when we're angry so can we talk about this later?”*

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## QUESTION:

Can relationships be perfect 100% of the time?

## ANSWER:

All relationships are different, and not one of them is perfect 100% of the time. It is important to remember that you deserve to be respected and heard. You do not deserve to be criticized and controlled.

# QUIZ: Am I in a Healthy Relationship?

Everyone wants a healthy relationship. Is your relationship where it needs to be? Pick the best answer and total your score.

<b>1</b> You and your partner start to have a disagreement. How does it play out? We ...		
<b>A.</b> Listen to each other & compromise.	<b>B.</b> Tend to yell & they put me down.	<b>C.</b> Argue but take a break & talk about it later.
<b>2</b> You are out with your friends without your partner. How do they react? They ...		
<b>A.</b> Text me non-stop & get mad if I don't reply.	<b>B.</b> Ask me to let them know where I am.	<b>C.</b> Tell me to have a nice time.
<b>3</b> An ex comments on one of your pictures. How does your partner react? They ...		
<b>A.</b> Ask me to delete the comment.	<b>B.</b> Say they trust me & don't get upset.	<b>C.</b> Make me delete the picture & ask if I'm cheating.
<b>4</b> You tell your partner you want to take things slow. How do they react? They ...		
<b>A.</b> Get upset & tell me it's what good couples do.	<b>B.</b> Respect my choice & are open to talking about it.	<b>C.</b> Say "ok" but keep asking if I'm ready yet.

## 0 POINTS Healthy Relationship

You may not have a perfect relationship, but it seems to be healthy. There is healthy communication as well as mutual trust and respect.

## 1 - 4 POINTS Unhealthy Relationship

Every relationship runs into challenging times. What's important is how we handle situations as they pop up. You deserve to be treated and spoken to in a calm, respectful manner.

## 5 - 20 POINTS Relationship Abuse Exists

There are warning signs of abuse. Remember that you are not alone. Turning Point is here if you would like to talk. Call our 24-Hour Helpline at 610.437.3369 or 1.877.438.4957. TTY 610.419.4594.

**SCORING:** 1. A=0 B=5 C=1 2. A=5 B=1 C=0 3. A=1 B=0 C=5 4. A=5 B=0 C=1

## FIVE TRAITS of a Healthy Relationship

Pick the top FIVE non-negotiable, healthy character traits that you want in a partner. You can use this list to evaluate past, current, or future relationships. These are not all the healthy traits in relationships.

Feel free to add your own!

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| <input type="radio"/> Freedom        | <input type="radio"/> Communication |
| <input type="radio"/> Trust          | <input type="radio"/> Respect       |
| <input type="radio"/> Non-judgmental | <input type="radio"/> Boundaries    |
| <input type="radio"/> Friendship     | <input type="radio"/> Space         |
| <input type="radio"/> Equality       | <input type="radio"/> Listening     |
| <input type="radio"/> Acceptance     | <input type="radio"/> Caring/Loving |
| <input type="radio"/> Support        | <input type="radio"/> Loyalty       |
| <input type="radio"/> Honesty        | <input type="radio"/> Other: _____  |