

Everyone is worthy of and deserves to experience a healthy partner relationship.

WHAT IS CONSIDERED A HEALTHY PARTNER RELATIONSHIP?

- Trust, which allows both people in the relationship to feel secure, safe, and supported.
- Open, honest, and respectful communication.
- Showing patience with one another, especially during times of stress.
- Empathy, which means trying to understand your partner's perspective or experience even if you disagree with it.
- Gestures of affection that both people feel comfortable with.
- Flexibility and being open to compromising, especially when it comes to decision-making.
- Showing appreciation and gratitude. Even though you're a committed couple, saying "Thank you" after your partner does something for you contributes to relationship satisfaction.
- Give each other and the relationship the space to grow.
- Respect one another, value each other's time and opinions.
- Individuality and boundaries are respected. Each person has their own friendships, goals, and hobbies yet there are shared interests and similarities that maintain a connection. Healthy conflict resolution. Each person expresses their feelings and works towards resolution.

Any kind of violent, threatening, controlling or unwanted behavior is not part of a healthy relationship. It may even be considered abusive.

TYPES OF ABUSE

Physical Abuse which may involve hitting, punching, kicking, hair-pulling or other physical harm; using objects or weapons to cause harm; use of physical restraint or preventing partner from eating or sleeping.

Emotional/Psychological Abuse includes name-calling, belittling and humiliating one's partner; controlling what partner does, what they wear and/or where they go; threatening self-harm or suicide if partner leaves; threatening harm to partner, their loved ones or pets; destroying items valued by partner; gaslighting (manipulating partner into questioning their sanity); the abuser blaming their partner for the abusive behavior.

Sexual Abuse is any unwanted sexual contact; when a partner makes repeated unwanted comments about the other person's body or sexuality; unwanted kissing or touching; threatening or coercing partner into sexual activity; rape or attempted rape of one's partner; preventing access to contraception, refusing to use it or purposefully damaging it; harming partner to force miscarriage; purposefully infecting someone with a sexually transmitted disease.

Stalking when someone follows, monitors or harasses someone causing them to fear for their safety. Other examples of unhealthy or abusive behavior include a partner constantly demanding to look through their partner's phone, emails and/or texts, posting hurtful information/pictures on social media or sending threatening texts/emails. Or, when a partner uses money to manipulate or control their partner, not allowing them to go to work or school, or withholding money needed for necessities.

INTIMATE PARTNER VIOLENCE RESOURCES

A Woman's Place - 24-hour hotline at 1-800-220-8116 or visit www.awomansplace.org
Network of Victim's Assistance (NOVA) – 24-hour hotline 1-800-675-6900 or visit www.novabucks.org

For free, confidential counseling for Gwynedd Mercy University students, contact:

Counseling Services | Griffin Complex | 2nd Floor
counseling@gmercyu.edu

If you are in need of assistance due to sexual harassment or sexual misconduct, contact:

Tia Brown | Title IX Coordinator
215-646-7300 Ext. 21140
brown.t8@gmercyu.edu



RELATIONSHIPS

