

Are you in a HEALTHY relationship?

Everyone deserves to have partners listen to what they want and need. Ask yourself:

- ✓ Is my partner or the person I am dating kind to me and respectful of my choices?
- ✓ Does my partner support my using birth control that's best for me?
- ✓ Does my partner support my decisions about if or when I want to have children?

If you answered YES to these questions, it is likely that you are in a healthy relationship. Studies show that this kind of relationship leads to better health, a longer life, and helps your children.

Are you in an UNHEALTHY relationship?

1 in 4 women are hurt by a partner in their lifetime. Ask yourself:

- ✗ Does my partner shame or humiliate me?
- ✗ Does my relationship make me feel worse about myself?
- ✗ Does my partner ever hurt, scare or threaten me with their words or actions?
- ✗ Does my partner mess with my birth control or try to get me pregnant when I don't want to be?
- ✗ Does my partner make me have sex when I don't want to?

If you answered YES to any of these questions, *your health and safety may be in danger*. For help, talk with your health care provider, and call or text the hotlines on this card.

Helping a Friend

Everyone feels helpless at times and like nothing they do is right.

Sound familiar? This can happen in relationships—especially ones that are unhealthy or unsafe. Connecting with friends or family who struggle in their relationships is so important.

You can make a difference by telling them they aren't alone. "Hey, I've been there too and someone gave this card to me. It has ideas about places you can go for support and things you can do to be safer and healthier."

And for you? Studies show when we help others we see the good in ourselves, too.

Who controls pregnancy decisions?

Ask yourself. Has my partner ever:

- ✓ Tried to pressure me to get pregnant?
- ✓ Hurt or threatened me because I didn't agree to get pregnant?

If I've ever been pregnant:

- ✓ Has my partner threatened to hurt me if I didn't do what they wanted with the pregnancy (in either direction – continuing with the pregnancy or abortion)?

If you answered YES to any of these questions, *you are not alone* and you deserve to make your own decisions without being afraid.



Taking Control

A partner may see pregnancy as a way to keep you in their life and stay connected to you through a child – even if that is not what you want. Your health care provider can offer birth control that your partner won't know about.

- ✓ The copper IUD is a small, safe, hormone-free device placed into the uterus to prevent pregnancy for up to 12 years. The IUD has strings that can be cut off so your partner can't feel them and you will still get a regular period.
- ✓ Emergency contraception (EC – some call it the morning after pill) is taken up to five days after unprotected sex to prevent pregnancy. The sooner you take it, the better it works. Hide EC by taking it out of its packaging and putting it in an envelope or empty pill bottle so your partner won't know what it's for. To find a provider near you: www.bedsider.org

Getting Help

- ✓ If your partner or the person you are seeing checks your cell phone or texts, talk to your health care provider about using their phone to call the hotlines on this card – so your partner can't see it on your call log.
- ✓ The folks on the hotline can help you with a plan to be safer. Find out more using the resources on the back of this card.

If you have an STD and are afraid your partner will hurt you if you tell them:

- ✓ Request partner notification from the public health department anonymously, without using your name.
- ✓ Use online partner notification services without using your name at www.tellyourpartner.org

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Everyone deserves a healthy and respectful relationship. We know that doesn't always happen. If you are being hurt by your partner, it is NOT your fault.

The National Domestic Violence Hotline has staff who are kind and trained to help. They can help you plan for safety and provide support – and everything you tell them is private and confidential.

The Hotline (24/7)

1-800-799-SAFE (1-800-799-7233)

TTY 1-800-787-3224 | www.thehotline.org

 A tool to help with safety decisions if you, or someone you care about, is experiencing abuse in their relationship.
Download at myPlanApp.org >



**DID YOU KNOW YOUR
RELATIONSHIP AFFECTS YOUR HEALTH?**