

HANDOUTS...

# Healthy vs. Unhealthy Relationships

People in healthy relationships respect each other. They can talk honestly and freely to each other and share power and control over decisions. They trust and support each other and respect each other's independence. In contrast, an **unhealthy relationship** is unbalanced. One partner (a person in the relationship) tries to control the other.

## HEALTHY RELATIONSHIPS

## UNHEALTHY RELATIONSHIPS

<p><b>Equality</b>—Partners share decisions and responsibilities. They discuss roles to make sure they're fair and equal.</p>	<p><b>Control</b>—One partner makes all the decisions and tells the other what to do, or tells the other person what to wear or who to spend time with.</p>
<p><b>Honesty</b>—Partners share their dreams, fears, and concerns with each other. They tell each other how they feel and share important information.</p>	<p><b>Dishonesty</b>—One partner lies to or keeps information from the other. One partner steals from the other.</p>
<p><b>Physical safety</b>—Partners feel physically safe in the relationship and respect each other's space.</p>	<p><b>Physical abuse</b>—One partner uses force to get his/her way (for example, hitting, slapping, grabbing, shoving).</p>
<p><b>Respect</b>—Partners treat each other like they want to be treated and accept each other's opinions, friends, and interests. They listen to each other.</p>	<p><b>Disrespect</b>—One partner makes fun of the opinions and interests of the other partner. He or she may destroy something that belongs to the other partner.</p>
<p><b>Comfort</b>—Partners feel safe with each other and respect each other's differences. They realize when they're wrong and are not afraid to say, "I'm sorry." Partners can "be themselves" with each other.</p>	<p><b>Intimidation</b>—One partner tries to control every aspect of the other's life. One partner may attempt to keep his or her partner from friends and family or threaten violence or a break-up.</p>
<p><b>Sexual respectfulness</b>—Partners never force sexual activity or insist on doing something the other isn't comfortable with.</p>	<p><b>Sexual abuse</b>—One partner pressures or forces the other into sexual activity against his/her will or without his/her consent.</p>
<p><b>Independence</b>—Neither partner is dependent upon the other for an identity. Partners maintain friendships outside of the relationship. Either partner has the right to end the relationship.</p>	<p><b>Dependence</b>—One partner feels that he/she "can't live without" the other. He/she may threaten to do something drastic if the relationship ends.</p>
<p><b>Humor</b>—The relationship is enjoyable for both partners. Partners laugh and have fun.</p>	<p><b>Hostility</b>—One partner may "walk on eggshells" to avoid upsetting the other. Teasing is mean-spirited.</p>

*From: Choose Respect Action Kit, Centers for Disease Control and Prevention.*

**HANDOUT ...****Red Flags For Abusive Relationships**

The following is a list of warning signs for potentially abusive relationships. They are presented as guidelines and cues to pay attention to, not as judgments on the worth of the other person.

**Question relationships with partners who:**


- Abuse alcohol or other drugs.
- Monitors all of your activities and demands to know where you are at all times.
- Are jealous and don't want to "share" you with friends and family.
- Seems "too good to be true".
- Has a history of stalking.
- Can't stand to spend time away from you.
- Have a history of trouble with the law, get into fights, or break and destroy property.
- Blame you for how they treat you, or for anything bad that happens.
- Abuse siblings, other family members, children or pets.
- Put down people, including your family and friends, or call them names.
- Are always angry at someone or something.
- Try to isolate you and control whom you see or where you go.
- Idolize you and don't see you as a whole person.
- Nag you or force you to be sexual when you don't want to be.
- Cheat on you or have lots of partners.
- Are physically rough with you (push, shove, pull, yank, squeeze, restrain).
- Take your money or take advantage of you in other ways.
- Accuse you of flirting or "coming on" to others or accuse you of cheating on them.
- Don't listen to you or show interest in your opinions or feelings. . . things always have to be done their way.
- Ignore you, give you the silent treatment, or hang up on you.
- Lie to you, don't show up for dates, maybe even disappear for days.
- Make vulgar comments about others in your presence
- Blame all arguments and problems on you.
- Tell you how to dress or act.
- Threaten to kill themselves if you break up with them, or tell you that they cannot live without you.
- Experience extreme mood swings. . . tell you you're the greatest one minute and rip you apart the next minute.
- Tell you to shut up or tell you you're dumb, stupid, fat, or call you some other name (directly or indirectly).
- Compare you to former partners.

**Some other cues that might indicate an abusive relationship might include:**

- You feel afraid to break up with them.
- You feel tied down, feel like you have to check-in.
- You feel afraid to make decisions or bring up certain subjects so that the other person won't get mad.
- You get angry often towards your partner.
- You find yourself not trusting your thoughts, ideas, instincts.
- You find yourself doing things that don't feel right for you.
- You find yourself often defending your partner to your best friends and family.
- You tell yourself that if you just try harder and love your partner enough that everything will be just fine.
- You find yourself crying a lot, being depressed or unhappy.
- You find yourself worrying and obsessing about how to please your partner and keep them happy.
- You find the physical or emotional abuse getting worse over time.

Adapted from the Domestic Abuse Project

<http://www.domesticabuseproject.org>


A young woman with long brown hair, wearing a light blue zip-up hoodie over a blue V-neck shirt, is sitting at a desk in a library. She is holding a red rectangular sign on a black stick. The sign has handwritten text in white. The background shows bookshelves filled with books.

He said if I really  
loved him, I'd have  
sex with him

If he really loved you,  
he wouldn't push you.

Using emotional pressure or physical threats to engage in sexual acts is **COERCION**.

When you see a **RED FLAG** in your friend's relationship, say something.



He makes me think  
I'm fat and stupid  
and no one else  
would want me

Why are you  
sticking with him?  
You deserve better.

Put-downs, name-calling, and other degrading comments are **EMOTIONAL ABUSE**.

When you see a **RED FLAG** in your friend's relationship, say something.


A young man with dark hair, wearing a black hoodie, is holding a red flag on a thin metal pole. The flag has handwritten text in white. He is looking directly at the camera. The background shows a large, multi-story building with many windows, and a grassy area with other people walking in the distance. The scene is outdoors on a sunny day.

I hate it when my  
boyfriend talks  
with other guys  
at parties

THEY'RE ONLY TALKING.  
IT DOESN'T MEAN  
THEY'RE HOOKING UP.

All-consuming possessiveness or suspicion is **EXCESSIVE JEALOUSY**.

When you see a **RED FLAG** in your friend's relationship, say something.



She doesn't let  
me hang out  
with my friends.  
She says she  
should be enough.

THAT'S NOT LOVE.  
THAT'S CONTROL.

Limiting who someone can hang out with is **ISOLATION**.

When you see a **RED FLAG** in your friend's relationship, say something.



WE BROKE UP  
6 MONTHS AGO.

WHY CAN'T HE JUST  
LEAVE ME ALONE?

That's really disturbing.  
I think we should get  
some help.

Repeated following, harassment, or other unwanted communication is called **STALKING**.

When you see a **RED FLAG** in your friend's relationship, say something.

**POWER  
AND  
CONTROL**

**COERCION  
AND THREATS:**

Making and/or carrying out threats to do something to hurt the partner. Threatening to leave the partner or report the person to welfare. Threatening to make a false accusation.

**INTIMIDATION:**

Making the partner afraid by using threats, looks, and gestures. Destroying the partner's property. Abusing pets. Wielding weapons or kitchen implements.

**EMOTIONAL ABUSE:**

Putting him or her down. Humiliating the person. Playing head games. Not taking responsibility for one's own actions. Ridiculing the partner's appearance or sexual performance.

**ISOLATION:**

Controlling what he or she does, who the partner sees and talks to, what he or she reads, and where the partner goes. Limiting the partner's outside activities. Using jealousy to justify actions.

**DENYING,  
MINIMIZING,  
AND BLAMING:**

Making fun of the abuse  
And not taking his or her concerns seriously. Saying the abuse didn't happen. Shifting responsibility for the behavior. Saying the abuser caused it.

**USING  
CHILDREN:**

Making the partner feel guilty about the children. Criticizing the partner in front of the children. Telling the children the partner doesn't love them. Interfering with visitation.

**ECONOMIC ABUSE:**

Preventing the partner from getting a job, or demanding the partner work longer hours or get a second job. Making the partner ask for money. Not letting the partner have access to family income.

**GENDER PRIVILEGE:**

Treating the partner like a servant: acting like the "king or queen of the castle." Being the one to define the partner's roles. Making a false allegation.



**See something?  
Say something.**

# Resources

If you are experiencing or have experienced relationship violence, sexual violence, or stalking but do not feel comfortable disclosing your identity or filing a formal complaint, that is okay! There are still resources available to you! Confidential resources are confidential and do not disclose the information shared with them unless there is a report of immediate harm or abuse of a dependent. Confidential resources can:

- Offer a non-judgmental, empathetic space to discuss your experiences
- Work through the options available to you for reporting, medical care, and other short term and long term needs related to violence
- Connect you to resources such as counseling services, Title IX, and student organizations
- Create an individualized safety plan with you
- Provide in-person response and accompaniment to meetings with medical providers, police, or Title IX

## **Campus Resources:**

- **Safeline: 336-278-3333**
  - A confidential responder is available 24/7 to respond to survivors of interpersonal violence including sexual violence, relationship violence and stalking, as well as instances of identity-based bias. When the dispatcher answers your call they will ask for a number to reach you so that the confidential advocate can call you back.
- **Assistant Director of the GLC for Violence Response: 336-278-5009**
  - AK Krauss (they/them), the Coordinator for Violence Response, is Elon's full-time confidential advocate. AK can work with survivors to process experiences, determine strategies for coping with triggers, coordinate with faculty around academic needs, safety planning, and other support needs. When the Assistant Director of the Gender & LGBTQIA Center for Violence Response is unavailable, their supervisor, the Associate Director for the Gender & LGBTQIA Center, also serves as the confidential advocate. To schedule a meeting, please email AK Krauss at [akrauss3@elon.edu](mailto:akrauss3@elon.edu) or call 336-278-5009.

# Resources

## Other Confidential Campus Support Options:

- **Counseling Services:** For individual counseling, or support groups such as Survivor Circle.
  - **24/7 Counselor on Call: Call 336-289-2222.** The Counselor-on-Call will complete a brief risk assessment of the situation, recommend crisis management interventions, and identify additional supports or follow-up to ensure safety. This may include a referral to the hospital for an in-person assessment and may include the involvement of University administrative staff.
  - **Survivor Circle:** Offered in the fall and spring semesters, survivor circle is facilitated by the Assistant Director of the GLC for Violence Response and a counselor in the Counseling Center. This group offers space for students to connect and address topics such as boundaries, safety, coping skills, navigating relationships and structural systems, etc.
  - **Student Health Services**
  - **Truitt Center for Religious and Spiritual Life:** Chaplains while serving in that role are confidential resources.
- 

## Community Resources:

- **CrossRoads Sexual Assault Response and Resource Center: 336-228-0360**
  - Location: 1206 Vaughn Road, Burlington, NC 27215
- **Family Abuse Services: 336-226-5985**
  - Location: 1950 Martin Street, Burlington, NC 27215
- **Guilford County Family Justice Center, Greensboro: 336-641-SAFE (7233)**
  - Location: 201 S. Greene St., 2nd Floor, Greensboro, NC 27401

# Resources

- **Report to Title IX:**

- Identifying information of involved individuals and Title IX reports are kept private. In most cases, reporting to Title IX does not immediately result in any action from the university without the reporting party's permission. Reporting to Title IX gives survivors options for investigations and/ or remedies and interim measures. An individual does NOT have to report to police in order to report to Title IX. Those who report to Title IX will receive a reach out email from the Director of HR Compliance, Equal Opportunity & Title IX, Molly Zlock.
  - Report Online
  - Title IX Coordinator – 336-278-5787 or email [mzlock@elon.edu](mailto:mzlock@elon.edu)
  - Report to any Elon University “responsible employee/mandatory reporter” under Title IX

For more information about reporting to Title IX or the Title IX process, call Safeline at 336-278-3333, contact the Coordinator for Violence Response at 336-278-5009, or read Elon's Title IX Policy [here](#).

- **Report to Police**

- Police reports are public record. A victim/survivor may file initial reports with law enforcement without filing charges. Filing a police report allows the survivor to potentially choose to pursue legal accountability. If a victim decides not to press charges the initial report will still become public record but the victim's name will not be included. To report to police, contact the police department of the town/ city the violence occurred in.
  - Law Enforcement – 9-1-1
  - Campus Safety and Police – 336-278-5555; Oaks Commons, 416 North Williamson Avenue, Elon, NC 27244
  - Elon Town Police – 336-584-1301; 104 South Williamson Avenue, Elon, NC 27244
  - Burlington Police Department – 336-229-3500; 267 West Front Street, Burlington, NC 27215

To learn more about how to report, the reporting process, or to seek confidential support while reporting, please call Safeline at 336-278-3333 or email AK Krauss at [akrauss3@elon.edu](mailto:akrauss3@elon.edu).