

## Red Flags to Watch Out For

**They come on strong and quickly become jealous.**

Professions of love for you early in a relationship and wanting to know where you are at all times are signs of control issues and can be dangerous.

**They are completely self-centered.**

Partners who ignore your thoughts and opinions will resist equality in relationships.

**They don't take responsibility for their behavior.**

Partners who don't see their own errors and flaws will blame you for whatever goes wrong.

**Their temper scares you.**

Anger, jealousy, or controlling behavior isn't likely to change and will usually get more frightening – or violent – over time.

**They have been violent before.**

Individuals who talk in derogatory ways about their previous partners or divulge that they have been violent before may become violent.

**They force you to have sex.**

*No one* has the right to make you have sex, regardless of how long you've been together or if you've had sex before. Forced or coerced sexual contact is sexual assault and is illegal.

**They abuse alcohol or drugs.**

Substances do not cause violence, but they are involved in approximately 80% of domestic abuse cases.

**You feel that something is wrong.**

If you sense you're in an unhealthy relationship, you're probably right.



**24 hr. Helpline**  
612-626-9111

UNIVERSITY OF MINNESOTA

## Aurora Center Services

**FREE & CONFIDENTIAL SERVICES  
VICTIMS/SURVIVORS/SUPPORTERS**

- 24 hr. Helpline
- Walk-in crisis counseling
- Medical-forensic exam support
- Reporting to police or University
- Legal advocacy (i.e. restraining orders and court accompaniment)
- Academic advocacy
- Safe housing advocacy
- Community resources
- Healing After Relationship Trauma Support Group

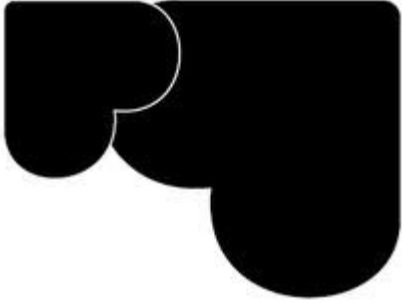
**THE AURORA CENTER FOR  
ADVOCACY & EDUCATION**

24 hr. Helpline: 612-626-9111  
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## Is My Relationship Healthy?

HEALTHY 101  
RELATIONSHIPS



**AURORA**

EST 1986

Believe Survivors  
Change the Culture

# Abusive Relationships...

## Healthy Relationships...

### Non-Threatening Behavior

- Talk and act so that both partners feel safe and comfortable doing and saying things

### Respect

- Listen to each other non-judgmentally
- Partners are emotionally affirming and understanding
- Value opinions
- Engage in consensual sexual activity

### Trust and Support

- Support each other's goals in life
- Respect each other's right to have own feelings, friends, activities, and opinions

### Honesty and Accountability

- Accept responsibility for self
- Acknowledge past use of violence
- Admit when wrong
- Communicate openly and truthfully

### Shared Responsibility

- Mutually agree on a fair distribution of work
- Make family/partner decisions together

### Healthy Boundaries

- Communicate and agree upon boundaries that will ensure independence and autonomy to all partners

### Conflict Resolution

- Find the real issue, agree to disagree sometimes, and compromise when possible.

### Use Intimidation or Threats

- Incite fear by using looks, actions, and gestures
- Smash things or destroy property
- Abuse pets
- Display weapons
- Threaten to commit suicide if partner leaves

### Use Emotional Abuse

- Put partner down
- Call partner names
- Make partner think they're crazy
- Play mind games
- Humiliate partner
- Make partner feel guilty

### Use Isolation

- Control what partner does and reads, who partner sees and talks to, and where partner goes
- Limits partner's outside involvements
- Use jealousy to justify actions
- Act possessive or entitled to partner's time

### Minimize, Deny, and Blame

- Make light of abuse and do not take partner's concerns about it seriously
- Say the abuse didn't happen
- Shift responsibility for abusive behavior
- Say partner caused the abuse

### Use Privilege & Power

- Treat partner like a servant
- Make all the big decisions
- Is the one to define and enforce gender roles

### Use Economic or Academic Abuse

- Prevent partner from having a job or going to class
- Control finances
- Take partner's money
- Deny partner knowledge about or access to family income
- Insult partner's potential to be successfully academically
- Use visitation to harass partner
- Threaten to take the children away

### Use Identity-Specific Threats

- Threaten to "out" your LGBTQIA partner to family/community
- Use partner's immigration status as a way to control them
- Says partner's community will alienate them if partner speaks up about abuse
- Withhold legal documents

Adapted from *Health Partners, Discover: "Here's What Healthy and Abusive Relationships Look Like," Summer 1996.*

Unhealthy or abusive relationships have a serious power imbalance, where the abuser makes nearly all the decisions and has control over most aspects of their partner's life.

If you or someone you know has experienced an unhealthy or abusive relationship, stop by or call The Aurora Center.

**24 hr. Helpline**

**612-626-9111**