



## In healthy relationships, partners...

### **Use Non-Threatening Behavior**

- Talk and act in a way that makes parties feel safe and comfortable

### **Show Respect, Trust and Support**

- Listen to each other without judgement
- Provide affirmation and understanding
- Make family/partner decisions together
- Practice informed consent for any sexual activity

### **Show Accountability**

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

### **Maintain Healthy Boundaries**

- Communicate boundaries that ensure independence and autonomy to all partners

### **Practice Conflict Resolution**

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



## In abusive relationships, partners may...

### **Use Intimidation or Threats**

- Incite fear using looks, actions, and gestures
- Display weapons or threaten self-harm if their partner leaves
- Damage or destroy property, abuse pets, or display weapons

### **Use Emotional Abuse and Isolation**

- Put partner down, humiliate or play mind games
- Limit partner's activities, use jealousy to justify their actions
- Act possessive of their partner's time

### **Minimize, Deny, and Blame**

- Make light of abuse or deny it completely
- Shift responsibility for abuse or blame their partner

### **Use Economic or Academic Means**

- Prevent partner from having a job or attending class
- Control finances, steal money or deny partner's access to family income
- Insult partner's potential for success or pick fights before a large project

### **Use Identity-Specific Threats**

- Threaten to "out" their LGBTQIA partner to others
- Use partner's immigration status or language proficiency
- Use religion to keep partner from leaving
- Threaten to keep children away from the victim if they leave
- Use fear of racialized stereotypes to make victim stay

## CONNECT WITH A CONFIDENTIAL ADVOCATE:



**24 Hour Helpline**  
612-626-9111



**Text our message line**  
612-615-8911 (regular business hours)



**Email us**  
[aurora@umn.edu](mailto:aurora@umn.edu)



## Warning Signs

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

- Early professions of love and wanting to know where you are at all times can signify control issues that are potentially dangerous.

### **They're self-centered.**

- Partners who ignore your thoughts and opinions may resist equality in the relationship.

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

- Partners who don't see their own errors or flaws may blame you when things go wrong.

### **They have a temper.**

- Anger, jealousy, or controlling behavior isn't likely to change and may grow more frightening - or violent - over time.

### **They have been violent before.**

- Folks who speak about previous partners in derogatory ways or divulge a history of violence 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 because they lower inhibitions.

### **You feel that something is wrong.**

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



## Free & Confidential Services

- 24 Hour Helpline - 612-626-9111
- Walk-in crisis counseling
- Medical forensic exam support
- Legal advocacy (restraining orders, reporting to police or University Title IX)
- Academic advocacy
- Safe housing advocacy
- Community resources
- Healing After Relationship Trauma Support Group

**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.**

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