

Healthy Relationships



ITHACA COLLEGE

Center for Health Promotion

Information
gathered from
loveisrespect.org

What is Dating?

- Two (or more) people in an intimate relationship.
- Can be sexual, but doesn't have to be.
- Serious or casual
- LGBTQ, straight, or cisgender
- Committed or open
- Short-term or Long-term
- Relationships/Dating can look different for each person.

Relationships Exist on a Spectrum



Healthy

Unhealthy

Abusive

Healthy Relationships: Equality & Respect

- Aspects of a healthy relationship include:

Respect, Trust, Honesty

Uses your chosen gender pronoun or name

Good Communication

Equality

Your choice of how/when/if you identify yourself to others

Making Decisions Together

Open Discussion

Enjoying time together, but also can be happy apart



Unhealthy Relationships: Attempts at Control

- Aspects of an unhealthy relationship include:
 - Dishonesty
 - Struggles for control
 - Inconsiderate behavior
 - Breaks in communication
 - One person trying to make most of the decisions.
 - Pressure about sex or sexual acts
 - Only spending time with your partner



❖ For people who identify as LGBTQ, there may be some unique obstacles to seeking help regarding relationships that are unhealthy or abusive. You may not know what resources are available to you.

There are places you can ask for help on campus and off. Center for LGBT Education, Outreach and Services- 607-274-7394 or The Advocacy Center- 607-277-5000

Abusive Relationship: Imbalance of Power & Control

Aspects of an abusive relationship include:

- Blaming
- Isolation
- Accusations
- Manipulation
- One person making all the decisions
- You feel like you can't talk to anyone else.



Test yourself: Healthy, Unhealthy or Abusive?

- Your partner tells you how special you are and how much they care about you.
- --Healthy--

- Your partner controls your social media accounts like Facebook, Snap Chat, Twitter, Instagram, etc.
- --Abusive--
- They are your social media accounts so what you do and say on your profile should be your business. Your partner shouldn't get to decide who you follow, what you post, or who leaves you a message.

- If you have a disagreement, your partner uses the silent treatment and won't talk to you for days.
- --Unhealthy--
- There will be days that you and your partner disagree or argue, but it's important to keep communication open.

Healthy Relationships are where both partners give consent.



Healthy Relationships include open, honest communication.



Healthy Relationships have mutual trust.



Healthy Relationships have boundaries.



I'm not sure that I'm in a healthy relationship. How can I tell?

- Does your partner:
 - Say you are too involved in different activities?
 - Grab, push, shove, choke, punch, slap, throw things, or hurt you in some way?
 - Put you down, call you names or criticize you?
 - Threaten to hurt you, your friends/family, or destroy your things?
 - Pressure or force you into have sex or going farther than you wanted?
 - Constantly check up on your or make you check in?
 - Get extremely jealous or possessive?

If you answered yes to one or more of these questions, it's ok to talk to someone about it.

What if my roommate or friend is in an unhealthy or abusive relationship?

- Reach out to be supportive, listen patiently, and be respectful of their decisions.
- Do things to keep yourself safe. If you don't feel safe staying there, don't.
- Help them develop a safety plan if they are willing.
- Don't contact the abuser or post things about them online.
- Use code words for when they need you to call for help.
 - Document any incidents of abuse and keep them in a hidden, safe place.

Resources

- On Campus

- Title IX Coordinator- 607-274-7761
- Office of Public Safety- 607-274-3333
- Icare Program- 607-274-7731
- RAs and RDs/Res Life- 607- 274-3141
- Ithaca.edu/SHARE – Sexual Harassment & Assault Response and Education website.

- On Campus Confidential Resources

These sources only share information about sexual harassment or sexual assault with the Title IX office, with your permission.

- Center for Health Promotion 607-274-7933
- Center for LGBT Education, Outreach and Services- 607-274-7394
- Center for Counseling and Psychological Services (CAPS)- 607-274-3136
- Chaplains- 607-274-3103

- Off Campus

- Loveisrespect.org
- Advocacy Center of Ithaca- 24 hour hotline- 607-277-5000
- Cayuga Medical Center (hospital)- 607-274-4011
- Family
- Friends

