

ABOUT DATING LOVEISRESPECT.ORG

What does dating mean?

- Ingredients?

Am I a good partner?



HEALTHY.....UNHEALTHY.....ABUSIVE

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others



Healthy relationships are based on equality & respect

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

- respect
- good communication
- trust
- honest
- equality

A healthy relationship means that both you and your partner are:

- **Communicative.** You talk openly about problems and listen to one another. You respect each other's opinions.
- **Respectful.** You value each other's opinions, feelings, and needs, and give each other the freedom to be yourself and be loved for who you are.
- **Trusting.** You believe what your partner has to say and don't feel the need to "prove" each other's trustworthiness.
- **Honest.** You're honest with each other but can still keep some things private.
- **Equal.** You make decisions together and hold each other to the same standards. You and your partner have equal say with regard to major decisions within the relationship. All partners have access to the resources they need.
- **Setting boundaries.** You enjoy spending time apart, alone, or with others. You respect each other's need for time and space apart. You communicate with each other about what you are and aren't comfortable with.
- **Practicing consent.** You talk openly about sexual and reproductive choices together. All partners always willingly consent to sexual activity and can safely discuss what you are and aren't comfortable with.

Unhealthy relationships are based on attempts to control the other person

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

- breaks in communication
- pressure
- dishonesty
- struggles for control
- inconsiderate behavior



You may be in an unhealthy relationship if your partner is:

- **Non-communicative.** When problems arise, you fight or you don't discuss them at all.
- **Disrespectful.** You or your partner behave inconsiderately toward the other.
- **Not trusting.** You or your partner refuse to believe the other or feel entitled to invade their privacy.
- **Dishonest.** You or your partner lie, omit, or obscure facts.
- **Taking control.** You or your partner takes steps to suggest that one's desires and choices are more important than another's.
- **Isolating.** Your partner restricts your contact with other people, either in person or online.
- **Pressured into sexual activity.** One partner uses pressure or guilt against another to coerce them into sexual acts or reproductive choices.
- **Ignoring boundaries.** It's assumed or implied that only one partner is responsible for making informed decisions.
- **Unequal economically.** Finances aren't discussed. Financial decisions are made unilaterally or it's assumed that only one partner is in charge of finances.

Abusive relationships are based on an imbalance of power & control

One person is making all the decisions—about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

- accusations
- blame shifting
- isolation pressure
- manipulation



A relationship is abusive when your partner:

- **Communicates harmfully.** Your partner communicates or in a way that is hurtful, threatening, insulting, or demeaning.
- **Mistreats the other.** Your partner doesn't respect your thoughts, feelings, decisions, opinions, or physical safety.
- **Makes untrue accusations.** Your partner accuses you of cheating or breaking the boundaries of your relationship. Your partner may escalate by creating situations where you need to "prove" your trustworthiness, like handing over your social media passwords.
- **Controls the other.** There's no equality in your relationship. One partner makes decisions without the other's input, or makes all of the decisions in certain parts of the relationship, like finances.
- **Isolates the other.** Your partner controls where you travel, who you talk to, or how you spend your time. This often includes physical or emotional isolation from your family and friends.
- **Forces sexual activity or controls reproductive choices.** Your partner forces or pressures you to engage in sexual activity you don't want to. Your partner controls your reproductive choices by sabotaging birth control, or by pressuring you to have or not have children.

WARNING SIGNS OF ABUSE THE INSIDE

OF THE WHEEL IS MADE UP OF SUBTLE, CONTINUAL BEHAVIORS OVER TIME, WHILE THE OUTER RING REPRESENTS PHYSICAL AND SEXUAL VIOLENCE.

LOVE, HOPE & FEAR



What to look for & more

Relationships exist on a spectrum and it can sometimes be hard to tell when a behavior goes from healthy to unhealthy (or even abusive). Typical warning signs of abuse from your partner include:

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

- ✓ Checking your phone, email, or social media accounts without your permission.
- ✓ Putting you down frequently, especially in front of others.
- ✓ Isolating you from friends or family (physically, financially, or emotionally).
- ✓ Extreme jealousy or insecurity.
- ✓ Explosive outbursts, temper, or mood swings.



Call 1.866.331.9474



Chat live now



Text: LOVEIS to 22522

Visit our page for Privacy Policy. Msg&DataRatesMayApply. Text STOP to opt out.

Healthy

In a healthy relationship, both you and your partner are:

- Communicating
- Respectful
- Listening
- Honest
- Equal
- Spending personal time together
- Making mutual choices
- Economically/financially partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others



Any form of physical harm.



Possessiveness or controlling behavior.



Pressuring you or forcing you to have sex.

Is your relationship healthy?

Take the quiz

LOVEISRESPECT.ORG

TALKING ABOUT IT

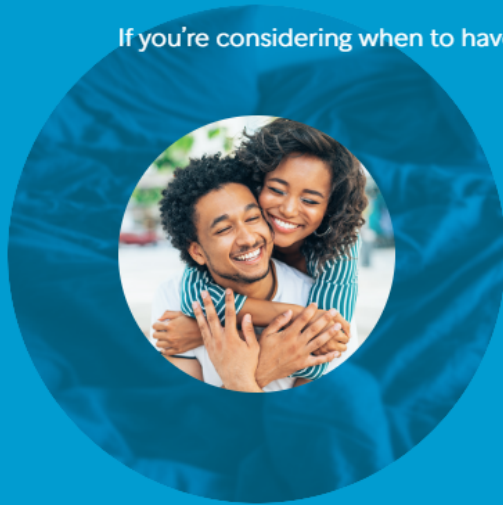
How would you want someone to talk to you about warning signs they see in your relationship if it was you, or how have you talked to your own friends about warning signs?

- Be understanding...open and supportive
- Use I-messages
- No judgement (no opinion)..try to understand why and why they haven't left (L-H-F)
- Focus on BEHAVIORS..I noticed he or she.....and how do you feel about that?
- Set the time aside, go on a walk, grab coffee etc.

WHAT IS AN INTIMATE RELATIONSHIP?

Deciding when, where, how & why to have sex is a decision only you should make

If you're considering when to have sex, keep in mind:



- ✓ **You should always feel comfortable with your decision.**
You are not obligated to have sex if you are in a relationship.
- ✓ **Discuss safe sex practices with your partner.**
Have ongoing conversations about getting tested for STIs and considering birth control options.
- ✓ **Be honest with yourself and your partner.**
It's okay if you're not ready to do something, even if you've done it before — your partner should always respect your boundaries.
- ✓ **If something scares you or makes you feel uncomfortable, you can say no at any time.**
- ✓ **You have the right to speak openly and honestly about your fears, worries, or feelings.**

HOW TO SET BOUNDARIES

Boundaries required ingredient?

Setting and respecting boundaries is essential to any and every relationship. It's important that partners feel comfortable expressing their wants, goals, fears, and limits, and everyone's boundaries are honored. That means everyone feels comfortable communicating their needs without fear of what another person will do in response. **Boundaries empower you to decide how you want to be treated, while honoring your partner's boundaries. Your boundaries lay the groundwork for a loving, respectful and healthy partnership.**

- Emotional Boundaries
- Physical Boundaries
- Digital Boundaries

...groups of 3, sticky note, list 2 for each

CONSENT IS AN ONGOING MUTUAL AGREEMENT BETWEEN PARTNERS ABOUT WHAT THEY WANT TO EXPERIENCE

“No means no”.....is that enough?

*****”No means no puts the responsibility on the person to resist or accept another’s advances; one side’s job to push their response instead of the person asking to react to a response.

INDIANA UNIVERSITY

Located in the restroom, on the
back of stall door at the
football game

Date rape and college campus

SEX & CONSENT

WHAT IS CONSENT?

Consent is an agreement, expressed through affirmative, voluntary words or actions, and mutually understandable to all parties involved, to engage in a specific sexual act at a specific time.

Consent can be withdrawn at any time.

Consent cannot be coerced or compelled by force, threat, deception, or intimidation.

Consent cannot be assumed based on silence or the absence of "no", or based on the existence of a prior or current relationship or prior sexual activity.

Consent cannot be given by someone who is incapacitated--asleep, unconscious, or unable to understand the facts, nature, extent, or implications of the situation due to drugs, alcohol, or a mental disability.

If you are engaging in sexual activity without consent, you are committing sexual assault.

A SEXUAL ASSAULT IS COMMITTED WHEN:

An individual subjects another person to sexual penetration without the consent of the person, and/or by force.

An individual intentionally sexually touches the intimate area of another person (i.e., genitals, breasts, buttocks) or intentionally sexually touches another person with any of these body parts, without the consent of the person, and/or by force.

HOW DO I GET CONSENT?

The only way to get consent is to ask for it and to continue to ask for it throughout sexual activity.

Make sure your partner is engaged and wants to go further.

It's the responsibility of the initiator to get consent for engaging in sexual activity.

BUT WHAT IF?

There is no "but what if" with consent. You either have consent or you don't.

If you don't have consent or you are not sure, STOP.

Sex without consent is assault.

Indiana University does not tolerate any form of sexual misconduct, including sexual violence, sexual harassment, relationship violence (dating and domestic violence), sexual exploitation, and stalking. If you or someone you know has experienced any form of sexual misconduct, help is available.



OFFICE FOR SEXUAL VIOLENCE PREVENTION AND VICTIM ADVOCACY



#ItsOnUsIU | stopsexualviolence.iu.edu

WHAT DOES CONSENT LOOK LIKE AND NOT LOOK LIKE

Every step of the way whether kissing, hand holding, or more

Clear & enthusiastic yes

Consent happens every time

Consent is safe, open and ongoing

Consent is clear

Seems unsure, shrugs shoulders

Stays silent

Your relationships status is not consent

Saying yes to one act is not consent for another

There is no such thing as implied consent

Doesn't respond or says "maybe"

It is not consent if you are afraid or unable to say no or manipulated, pressured or threatened to say yes

Dressing a certain way , flirting, or accepting a ride, gift or drink

Say yes (or not saying no) under the influence of drugs or alcohol

Non consent means stop

NOT SURE WHAT TO SAY...

Are you good/comfortable with this?



Is this okay?



Do you want to slow down?



Do you want to go any further?



Still not sure about what consent looks like, watch this [video](#) to see if it clears things up, I think it will!