

Healthy Relationships

Healthy relationships are characterized by mutual respect, caring, support, growth, and independence.

Couples share a balance of power and control and have an equal say in decision making.

Unhealthy Relationships

In unhealthy relationships, an imbalance of power can result in verbal abuse, emotional control, physical violence, and sexual assault. Before the obvious signs of violence even begin, one partner may be isolated due to the other partner's jealousy and attempts to exert power over all aspects of a person's life through threats and intimidation. Alcohol and drugs can also exacerbate abuse in a relationship.

If you have questions or concerns about your own relationship or a friend's relationship, please seek out help for support and advice. Dating/relationship violence, stalking, and sexual assault are prohibited by the University's Student Sexual Misconduct Policy, and support is available to help you be safe.

Seek Out Help
for Support and Advice

Brought to you by the office of the

Title IX Coordinator

(585) 275-7814

titleix@rochester.edu

www.rochester.edu/sexualmisconduct/healthy-relationships

IS YOUR RELATIONSHIP HEALTHY?

- Look inside for
- Warning Signs
 - Resources
 - Contacts

[www.rochester.edu/
sexualmisconduct/
healthy-relationships](http://www.rochester.edu/sexualmisconduct/healthy-relationships)



Are any of these statements true?

- You are afraid of your partner's temper.
- You agree with your partner because you are afraid to disagree.
- Your partner is frequently in trouble and needs or demands rescuing.
- You find yourself apologizing for your partner's behavior.
- You have been hit, kicked, shoved, or had things thrown at you by your partner.
- The abuse is increasing in severity or frequency.
- Your partner is frequently jealous or angry.
- Your partner controls your plans and decisions about activities and friends.
- You or your partner drink heavily or use drugs.
- You have been abused.
- Your partner treats you badly or embarrasses you in front of your family or friends.
- You agree to have sex even when you don't want to.
- Your partner follows you wherever you go.
- You believe your partner is capable of hurting you.
- Your partner has threatened to hurt you.
- Your partner has threatened suicide if you end the relationship.
- You are feeling suicidal.

If you check any of these boxes, consider talking with someone about your concerns.

Help is available.

Statistics about domestic violence

- One in three women and one in four men have been victims of (some form of) physical violence by an intimate partner within their lifetime.
- One in seven women and one in 18 men have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.
- Women between the ages of 18 and 24 are most commonly abused by an intimate partner.
- Domestic victimization is correlated with a higher rate of depression and suicidal behavior.
- Only 34 percent of people who are injured by intimate partners receive medical care for their injuries.

Sources: www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf (first two facts); www.bjs.gov/content/pub/pdf/ndv0312.pdf (last three facts)

For more information:
[www.rochester.edu/
 sexualmisconduct/healthy-relationships](http://www.rochester.edu/sexualmisconduct/healthy-relationships)

On-Campus Resources

The CARE Network	www.rochester.edu/CARE/
University Counseling Center (UCC)	(585) 275-3113
University Health Services (UHS)	
Eastman School	(585) 274-1230
Health Promotion Office	(585) 275-2662
River Campus	(585) 275-2662
Title IX Coordinator	(585) 275-7814
University Director of Spiritual Life	(585) 275-8422
University Intercessor	(585) 275-9125
Center for Student Conflict Management	(585) 275-4085

Community Contacts

Willow Domestic Violence Center <i>(formerly alternatives for battered women)</i>	
Crisis Line	(585) 222-SAFE
Deaf Hotline TTY	(585) 232-1741
RESTORE/Rape Crisis	(585) 546-2777
Family Court Domestic Violence Hotline	(585) 428-5787
Gay Alliance Victim Resource	(585) 244-8640
Lifeline	(585) 275-5151 or 211
Health Department STD/HIV Clinic	(585) 753-5375
Sheriff's Victim Assistance Office	(585) 753-4389
Rochester Police Department	
Emergency	911
Victim Assistance	(585) 428-6630
Saathi of Rochester	(585) 234-1050