

## These are some of the signs of an unhealthy relationship:

- Your partner gets angry or hurts you if you don't pay enough attention to him/her.
- Your partner calls you repeatedly to check up on where you've been or what you've been doing and expects you to explain where you've been every time you are apart.
- Your partner is jealous of your friends and/or your family.
- You have seen your partner throw, hit or break things or abuse animals when he/she is angry.
- Your partner frequently makes you feel bad about yourself
- Your partner uses drugs or alcohol and becomes abusive.
- Your partner has been or has threatened to be physically abusive to you.
- Your partner has become too serious too quickly.
- Your partner pressures you into sexual activity.
- Your partner treats you differently when other people are around than when you are alone together.



## CREATING SAFE RELATIONSHIPS

You can lessen the risk of your vulnerability when dating and avoid rape or acquaintance rape/sexual harassment by using some of the following suggestions:

- Avoid settings in which you are vulnerable, such as a parked car, or an isolated location.
- Don't use alcohol. Consumption of alcohol or drugs is known to contribute significantly to date rape.
- Let your dating partner know (clearly and with determination) that you don't want to participate in sexual activities.
- If your date starts to get forceful or manipulative, get out of the situation and either leave or ask someone for help.
- Don't argue "your case." This isn't a game and you don't need or have to defend your reason.
- Remember: If you become a victim, it is not your fault. No one asks nor do they deserve to be raped. Tell someone. This is your first step to recovery.
- Understand that rape is not sex but a violation of someone's well being.



844.853.8937  
compasshealthnetwork.org



HEALTHY  
RELATIONSHIPS





Healthy Relationships is a teen prevention program against dating violence and date rape. Increasingly, communities across the country are reporting an upward spiraling trend in youth dating violence.

The goal of the program is to help teens understand the myths associated with dating and what you can do to promote healthy dating relationships.

**Myth:** "Rape is committed by crazed strangers."

**Fact:** Most girls are raped by acquaintances. And no one, male or female, deserves to be raped.

**Myth:** "Victims who don't fight back haven't been raped" and "It's not really rape if the victim isn't a virgin."

**Fact:** It's rape whether the rapist uses a weapon or fists, verbal threats, drugs and alcohol, or any other force. Rape is rape, even if the victim isn't a virgin.

**Myth:** "We were both drinking and I thought it would be okay."

**Fact:** If someone has had too much to drink or is not in control of themselves, having sex with them is rape. Even if you were drinking and intoxicated, that is not a legal defense to rape.

**Myth:** "They say no, but really mean yes."

**Fact:** No means no. It doesn't mean yes, maybe, or we'll see. If you don't accept "no," you might run the risk of raping someone you thought meant "yes." It is best to get consent.

**Myth:** Sex is expected or owed if you spend a lot of money on your date.

**Fact:** No one owes sex as payment to anyone else. Everyone has the right to say "NO" to sexual activity.

**Myth:** "Some girls like to be forced to have sex and want to be persuaded."

**Fact:** No one, both boys and girls, like being forced to do something they don't want to do. Just because one may want to have sex, that doesn't mean the other has to be forced. A person's size and physical strength may be intimidating and they may be afraid to resist. That doesn't mean it's not rape.

**Myth:** "She dressed so sexy that I just thought she'd want to have sex."

**Fact:** Just because someone is dressed provocatively, don't assume that they are ready for a sexual encounter.



Here are some things to look for in a Healthy Relationship:

- You consider your partner a friend.
- You have fun with your partner.
- Your partner asks for your opinion and thoughts.
- Your partner has good relationships with family and other friends.
- Your partner is a good listener.
- You act like yourself when you are with your partner.
- Your partner has other interests besides you.
- Your partner gives you respect.
- You give your partner respect.
- You and your partner work through your problems together.
- You feel that you could end the relationship if you are not happy.
- You feel good and unafraid when you get together with your partner.

**RESOURCE INFORMATION**  
[St. Charles County Sexual Assault Center](#)  
 1-877-946-6854

[R.A.I.N.N.](#)  
 The Rape, Abuse, & Incest National Network  
 1-800-656-4673 (HOPE)

[Teen Dating Abuse Helpline](#)  
 1-866-331-9474

