

Relationships built on power and control are unhealthy and unsafe for both individuals and their families.

## Key elements of a healthy relationship are:

- **Open communication** — partners experience open, honest and safe conversations where each can equally express themselves.
- **Mutual respect** — all partners value and respect each other's wants, needs and wishes.
- **Trust** — partners accept each other's words and feel safe both physically and emotionally.
- **Support** — partners build up one another by offering encouragement and reassurance.
- **Compromise** — both come to a shared understanding in a fair and rational way that meets each one's needs.
- **Privacy** — all partners have freedom of privacy and space. Being in a relationship doesn't require sharing everything and spending all their time together.
- **Boundaries** — both have a clear understanding of what each partner is comfortable with and what they want and don't want to happen in the relationship.

Healthy relationships are not limited by race, gender identity, sexual orientation, ability or class. We all deserve people who love us as we are and treat us with respect.

## Below are some signs of an unhealthy relationship

Are you or a loved one in a relationship with someone who:

- Limits what the other person says, does or where they go?
- Pushes, shoves, hits, grabs, chokes or pulls the other person's hair?
- Makes all the decisions in the relationship?
- Is in charge of the other person's money?
- Calls the other person names or insults or shames them?
- Makes them feel like all the problems are in their head?
- Forces them to do things, such as engage in unwanted sexual activity?
- Refuses to use a condom or other forms of birth control?
- Constantly finds things wrong with what the other person says or does?
- Blames the other person when things go wrong in their life?
- Accuses them of cheating?
- Makes them feel afraid or scared?
- Destroys the other person's property?
- Makes the other person feel like they must be careful about what they say or do for fear of upsetting them?
- Threatens to hurt or kill them, their pets, themselves or others they care about?

If you answered "yes" to any of these questions, you or a loved one could be in an unhealthy relationship.

See "Resources" for help and support. Free and confidential advocates are available 24/7 to discuss safety options.

If any of these behaviors are a pattern used over time or you feel unsafe. You are not alone.



## Health outcomes

Signs you or a loved one could be in an unhealthy relationship:

- Feeling so anxious it's hard to do everyday tasks
- Using alcohol, drugs, cigarettes or medications more often to feel normal
- Feeling so hopeless that thoughts of suicide and self-harm come up
- Losing connections with family and friends
- Eating too much or not enough
- Losing interest in things that once felt important

For more information about relationships, visit [www.loveisrespect.org](http://www.loveisrespect.org) or text **LOVEIS** to 1-866-331-9474.

## Childhood trauma and relationships

The CDC-Kaiser Permanente Adverse Childhood Experiences Study, or ACES, shows how childhood trauma affects people's physical and mental health. The more traumatic events a child has, the more health risks a person can have as an adult. Risks include domestic violence, physical and emotional harm or sexual abuse. As an adult, these children have a higher risk for depression, anxiety, addiction, diabetes, obesity, heart disease, poor self-esteem and relationship challenges.



Unhealthy relationships affect overall health.

Remember: ACES is a guideline. Childhood trauma is a common experience for many people who go on to have healthy relationships throughout their lives. Some positive factors that can reduce harm include creating and sustaining safe, stable and nurturing relationships and environments for children and adults; doing activities outside the home to make connections with others; and letting parents, caregivers and children know it is OK to ask for help.

To learn more about ACES, visit <https://www.cdc.gov/> search for “ACES”

## Resources

If you or someone you love is in an unhealthy or unsafe relationship, check out these resources:

### Oregon Coalition Against Domestic and Sexual Violence (OCADSV)

<https://www.ocadsv.org/find-help>

### Call to Safety

(formerly Portland Women's Crisis Line)  
503-235-5333 or 1-888-235-5333  
<https://calltosafety.org/>

### Crisis Text Line

Text HOME to 741741 to connect with a crisis counselor  
[www.crisistextline.org](http://www.crisistextline.org)

### National Domestic Violence Hotline

For chat and bilingual options:  
1-800-799-SAFE (7233)  
<https://www.thehotline.org>

### National Suicide Prevention Lifeline

For chat, bilingual, and Deaf and hard of hearing options:  
1-800-273-TALK (8255)  
<https://suicidepreventionlifeline.org>

### The Trevor Project

For text or chat: 1-866-488-7386  
<https://thetrevorproject.org>

### Rape, Abuse & Incest National Network (RAINN)

1-800-656-HOPE (4673)  
<https://rainn.org>

### National Human Trafficking Hotline

1-888-373-7888 or text 233733  
<https://humantraffickinghotline.org>

### 211 info

Call: 211 or 1-866-698-6155  
<https://www.211info.org>  
Text your ZIP code to 898211 (TXT211)

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We accept all relay calls.

# Healthy Relationships



A relationship is a connection between yourself and another individual.

Throughout your lifetime, you may have many types of relationships.

DHS 7808 (10/21)

