TAKE BACK THE NIGHT

THE FOLLOWING POST WILL CONTAIN INFORMATION PERTAINING TO TAKE BACK THE NIGHT, AN EVENT PROMOTING THE AWARENESS OF AND ADVOCATING FOR AN END TO SEXUAL AND GENDER BASED VIOLENCE. PLEASE REFERENCE THE RESOURCES BELOW IF YOU NEED SUPPORT DURING THIS TIME. #SCRANTONTBTN2020

(RE)CLAIMING OUR VOICE

#SCRANTONTBTN2020

TAKE BACK THE NIGHT

THE UNIVERSITY OF SCRANTON

FINDING YOUR WINGS

NATIONAL 24/7 HOTLINES AND RESOURCES

RAINN/National Sexual Assault Hotline
- 800.656.HOPE (4673)
- online.rainn.org (chat)

National Domestic Violence Hotline
- 800.799.SAFE (7233)
- thehotline.org

The Trevor Project's Lifeline
- 866.4.U.TREVOR (488.7386)
- Text START to 678678

Deaf Hotline
- Video Phone: 855.812.1001
- Email nationaldeafhotline@adwas.org

NOTE: VIRTUAL TBTN IS NOT EXEMPT FROM REPORTING OBLIGATIONS IF PERSONAL EXPERIENCES ARE SHARED

KEYSTONE COLLEGE
COUNSELING & WELL-BEING
CENTER

Healthy vs. Unhealthy Relationships

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Relationships

PRESENTATION OUTLINE

- Healthy Relationships
- Unhealthy Relationships
- Signs of a Healthy Relationship
- Identifying Red Flags/Warning signs
- Seeking Support/ Asking for Help

Healthy Relationships



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WHAT MAKES A RELATIONSHIP HEALTHY?

- Mutual Respect
- Trust
- Honesty
- Compromise
- Individuality/ Separate Identities
- Appropriate Communication
- Problem Solving
- Support
- Fairness
- Appropriate Boundaries
- Understanding
- Self-Confidence
- Healthy Sexual Relationship

Unhealthy Relationships

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WHAT MAKES A RELATIONSHIP UNHEALTHY?

- Control
- Hostility
- Dishonesty
- Disrespect
- Dependence
- Intimidation
- Violence (Physical or Sexual)
- Possessiveness
- Manipulation
- Isolation (from friends & family)
- Belittling
- Volatility
- Deflection of Responsibility
- Betrayal
- Lack of privacy
- Lack of appropriate boundaries

Signs of a Healthy Relationship



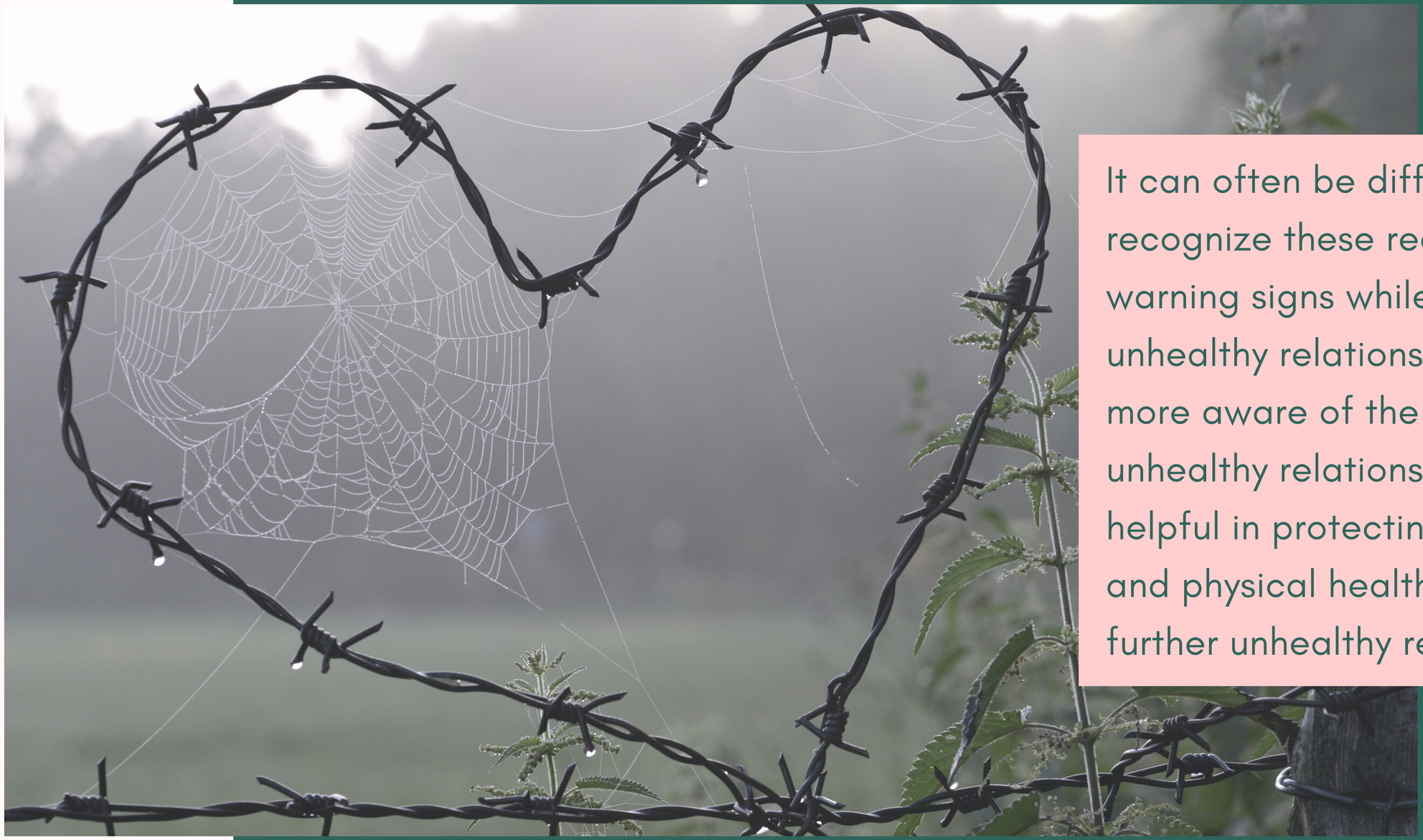
- Having space to take care of yourself
- Maintaining relationships with family & friends
- Mutual respect between partners
- Progressing at a comfortable pace
- Sense of equality within the relationship
- Being able to express yourself without concern of consequences
- Not having to worry about violence within the relationship
- Having healthy boundaries (emotionally, sexually, etc.)
- Fair and timely conflict resolution
- Sense of security and comfort

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Signs of an Unhealthy Relationship

RED FLAGS & WARNING SIGNS

- Pressure to change
- Having to justify your actions
- Receiving unwarranted criticism
- Feeling worried when you disagree with your partner
- Being forced to share everything with your partner
- Manipulation
- Lack of respect for one another or of partner's family/friends
- Obligation to engage in sexual activity
- Obsessive behaviors or emotions
- Feeling insecure within the relationship
- Presence of violence
- Name calling or verbal belittling



It can often be difficult to recognize these red flags and warning signs while in an unhealthy relationship. Becoming more aware of the signs of an unhealthy relationship can be helpful in protecting our mental and physical health and preventing further unhealthy relationships.

Seeking Support & Asking for Help

SEEK HELP IF...

- You find yourself in an unhealthy relationship
- You find yourself staying in a relationship out of fear or guilt
- You are concerned for your physical and emotional safety
- You just want to talk about your feelings regarding a relationship that you are in

WHO TO TALK TO..

- Counselors (on college campuses, in the community, etc.)
- Family & Friends
- Local Authorities -Police or EMS (if your physical health is in danger)

IT IS OKAY TO ASK FOR HELP OR SUPPORT!

It is common to feel embarrassed or nervous about asking for help but remember that asking for help is **brave** and will ultimately benefit you and your mental-well being.

Resources

https://www.joinonelove.org/signs-unhealthy-relationship/

http://depts.washington.edu/hhpccweb/health-resource/healthy-vs-unhealthy-relationships/

https://youth.gov/youth-topics/teen-dating-violence/characteristics

Contact Info

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COUNSELING & WELL-BEING
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EMAIL

counseling@keystone.edu

WEBSITE

https://www.keystone.edu/campus-life/counseling-and-well-being-center/