

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by The Haven Project at the Center for Health and Well-Being

February 17, 2014

Everyone Deserves One But...What Does It Really Take?

We're talking all about healthy relationships!

Relationships—romantic, social, working, etc.— may feel effortless and exciting in the beginning but they take work. A successful, long-term, healthy relationship requires ongoing effort and compromise by both parties. Building healthy relationship patterns early in your relationship can help establish a solid foundation for the future. Read the information below to find out more about healthy relationships. **Remember, everyone deserves to be healthy and happy!**

Communication

State your emotions and your needs and listen to your partners. State facts instead of judgments. Avoid blaming language.



Respect

Embrace differences and allow each other to be individuals. Value your partner for who she/he is and expect that they do the same.

Tell the whole truth and nothing but the truth! Show your partner the "real" you. That is who your partner really wants to know. Be truthful with yourself and your partner.

HONESTY

Each person needs to be able to control his or her own life. Both parties should have a say in decision-making that affects both of them. There should be no double standards or power struggles.

EQUALITY

Establish trust by keeping promises, following through with commitments and being honest with your partner. You should be able to depend on your partner and your partner should be able to depend on you.

Trust

YOU HAVE THE RIGHT TO
BE HAPPY
EXERCISE IT :)



Relationship Bill of Rights

- * I have the right to be treated with dignity and respect
- * I have the right to feel safe
- * I have the right to change my mind
- * I have the right to follow my own values and standards
- * I have the right to experience and express all of my feelings
- * I have the right to end a relationship
- * I have the right to be me and feel good about myself
- * I have the right to ask for what I want
- * I have the right to set boundaries and make changes to improve the health of the relationship

For more information and resources, come visit our Healthy Relationships AWAREness table in the library Monday and Wednesday, February 17 and 19, 2014 from 12pm—3pm!

RELATIONSHIP RED FLAGS

—Signs of unhealthy or abusive relationships—

- Does your partner try to tell you what to wear, what to do, or who to be with?
 - ✓ Has your partner pulled you away from your friends or family?
 - ✓ Is your partner jealous or possessive?
 - ✓ Have you ever been pushed, shoved, punched, slapped or hit by your partner?
- ✓ Does your partner put you down in front of people, tease you about your weight, or say you're stupid?
 - ✓ Are you afraid to say 'no' for any reason?

***If you said 'yes' to any of these and you feel you need to talk, help is available. Please call The Haven Project at the Alice Paul House, 24/7, hotline at (724) 349-4444 anytime and/or make an appointment with the Haven Project Clinician at the IUP Counseling Center at (724) 357-2621. Abusive behaviors can be reported to the IUP Title IX Coordinator at (724) 357-4040 or University Police at (724) 357-2141.**

Haven Project • The Center for Health and Wellbeing • Suites on Maple East G59
724-357-4799 • www.iup.edu/haven • haven-project@iup.edu • @IUPAWARE

Created by Peer Educator Nadhirah Norman

Sources: www.crisisconnectioninc.org and www.loveisrespect.org

IUP HAVEN PROJECT
Supporting Survivors
Stopping Violence