



# 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

Feb 6, 2023

## HEALTHY RELATIONSHIPS

### EVENTS THIS SEMESTER

Healthy Relationships Kahoot with SVO | Wednesday, Feb. 22nd | 5-6PM | Folger

Embracing the "F" Word | Wednesday, March 22nd | 4:30-6PM | 225 Leonard

Take Back the Night | Wednesday, April 12th | 6-9PM | Oak Grove



### Is Your Relationship Healthy?

Everyone deserves to be in a safe and healthy relationship. All relationships are different, but there are warning signs that can help you identify dating abuse. **Scan to take the healthy relationship quiz now!**



Source: [loveisrespect.org](http://loveisrespect.org)

Call 1.800.799.SAFE (7233)  
OR  
Text "START" to 88788



### Healthy

### Unhealthy

### Abusive

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

-The Hotline.org

### Start Setting Boundaries

In all relationships—casual, platonic, romantic, familial, and so on—there should be respect and clear communication that allows for boundary setting.

**Healthy boundaries** are the limits you place around your time, emotions, body, and mental health to stay resilient, solid, and content with who you are (Science of People, 2023).

Being able to both set your own boundaries and value the boundaries of others is a good indicator of a healthy relationship.

If you recognize any of the warning signs, your relationship may be abusive. Help is available. Text "LOVEIS" to **22522** or call **1.866.331.9474** to connect with an advocate to confidentially discuss your situation and explore available options. *-loveisrespect.org*

### You are not alone. Help is available. Campus and Community Resources

- Haven Project.....724-357-3947
- \*IUP Counseling Center.....724-357-2621
- \*Alice Paul House (24/7 hotline)...724-349-4444
- University Police.....724-357-2141
- Title IX Coordinator.....724-357-3402
- LGBTQIA Support.....724-357-2598

*\*Confidential Resource*