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

Healthy
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

Unhealthy
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

Abusive
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

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

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

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