

February is Teen Dating Violence Month. I know most of you aren't teens anymore, but dating violence is still something we should be aware of. This month our weekly bulletins will concentrate on dating violence.

Take Steps to Protect Yourself from Relationship Violence

The Basics

It can be hard to know if your relationship is headed down the wrong path. While it's not always possible to prevent relationship violence, there are steps you can take to try to protect yourself.

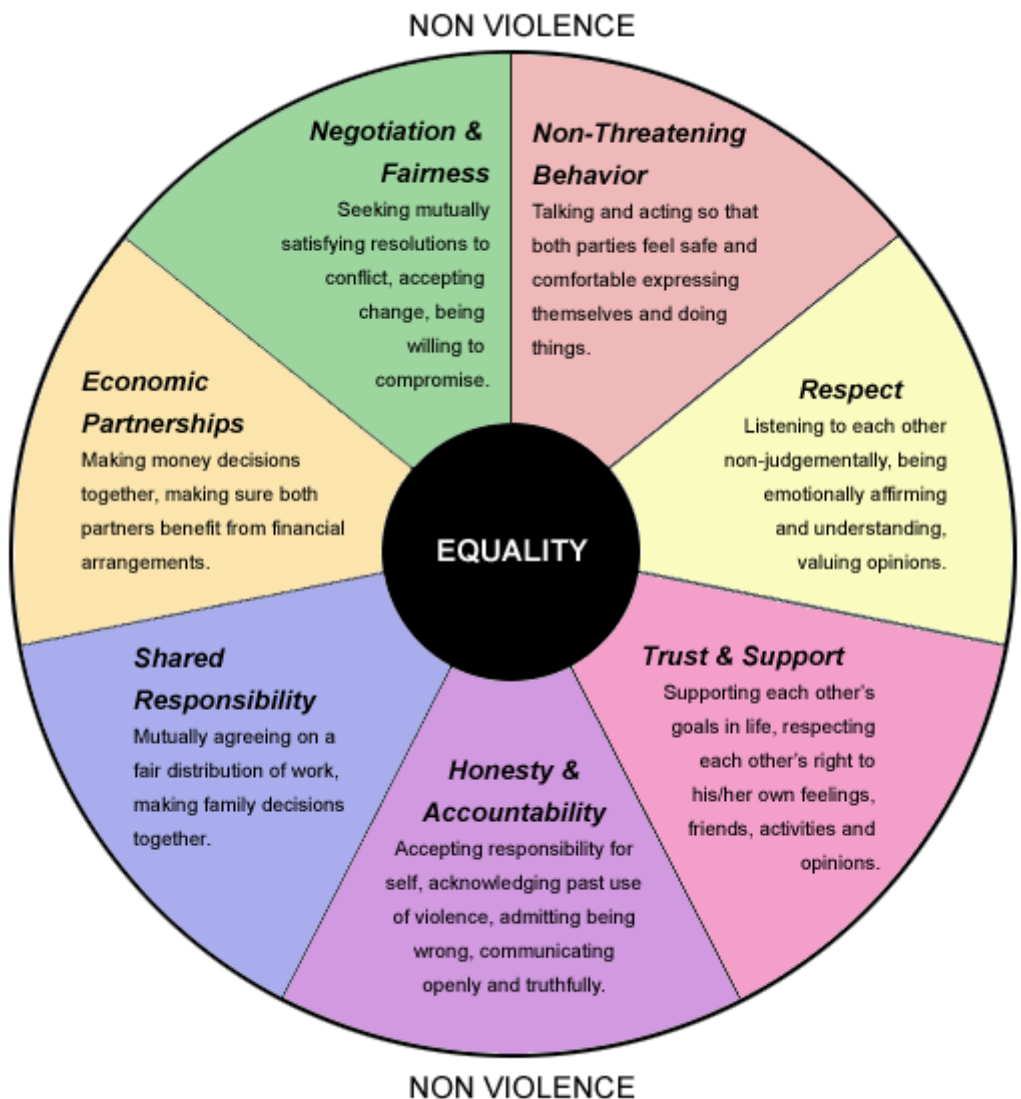
If you think your partner might be controlling or abusive, you can:

- Trust your feelings. If something doesn't seem right, take it seriously.
- Learn the warning signs of someone who might become controlling or violent.
- Get help. Talk to experts in relationship violence.

How do I know if my relationship is healthy?

In a healthy relationship:

- Both people feel supported, respected, and valued
- The couple makes decisions together
- Both people have friends and interests outside of the relationship
- The couple settles disagreements with open and honest communication
- Both people are honest about their feelings and needs
- There are more good times than bad



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