



Relationships

No it is not OK!

We wish our relationships are filled with love, fulfillment and joy. What if they are not and instead they start to affect our lives in negative ways, our physical and mental health, self-esteem, ability to handle stress, sleep, study and work? Sometimes we feel confused and may even get used to a relationship that does not fulfill us and even worse abuse us. So when is it time to stop and break away.

Recognize a healthy relationship

A healthy relationship involves trust, respect and equality, where not one person is the boss or has most of the control. Other characteristics of a healthy relationship are:

- Feeling safe and comfortable with one's partner
- Valuing each other's opinions
- Supporting each other's dreams and ambitions
- Being honest with each other
- Having other interests that don't involve each other
- Accepting each other's friends and family
- Making each other laugh
- Having sexual contact when *both* partners want to
- Accepting each other for who they are





Recognize an unhealthy relationship

All relationships can have ups and downs and nobody's relationship is perfect. We all make mistakes and it's okay to disagree and argue. But if you feel like you're being treated badly, you probably are. Listen to your gut. Healthy relationships make you feel good about yourself, if most of the time you do not feel good and you feel miserable maybe you are not suitable for each other and it's time to move on.

Signs:

Lying, cheating, jealousy, disrespect, trying to control a partner. That includes: (keeping track of where they are, who they hang out with, checking their phone or e-mail without permission, keeping them away from friends or family, telling them they can't do certain activities, preventing them from having money



Recognize an abusive relationship?

Anyone can find themselves in an abusive relationship, no matter their age, gender, or sexual orientation. Each relationship is different, and the signs of an abusive relationship can vary. But all of these behaviors are ways that one person tries to maintain power in a relationship and control their partner. Sometimes abusive behaviors begin slowly and get worse as time goes on

Types of Abuse:

Physical: pinching, hitting, kicking, pushing, or hurting someone in any physical way.

Sexual: forcing your partner to do anything sexual, from kissing to having sex. If no consent is given it's considered sexual assault or rape.

Verbal: name-calling, put-downs, and using words to hurt someone, ironic remarks.

Emotional: making you feel bad about yourself. That can mean hurting your feelings on purpose, jealousy, blaming you for the abuse, cheating, or continually criticizing you. Emotional abuse affects your self-esteem.

Reproductive control: pressuring your partner to get pregnant, end a pregnancy, lying about birth control, or other

Threats and intimidation use the threat of violence or abuse to control a partner. Threatening children, suicide, or physical violence are all ways to control your behavior.

Isolation is controlling who you see, what you do, and limiting your access to friends, family, and other forms of emotional and financial support.



Quiz: Violence warning signs





When it is time to break away

How do I get out of an abusive relationship?

If you're in an abusive relationship, know that you're not alone and you deserve better. If your partner hurts you physically, emotionally, or sexually, remember that nothing you said or did justifies their behavior. Everyone gets mad sometimes, but talking things through is the way to deal with problems — not hurting you or putting you down.

Abuse doesn't happen because you did something wrong, or weren't good enough. Abuse happens because someone made a choice to manipulate and control you to make themselves more powerful. Abuse of any kind is never OK. Remember, you deserve healthy, happy relationships.

Getting out of an abusive relationship

- ✓ Make sure you are safe
- ✓ Don't isolate yourself from friends and family even though you may feel embarrassed or responsible
- ✓ Asking for help shows you have a lot of courage

Help lines in Greece

- 197 EKKA hotline, 24/7 National Center for Social Solidarity
- 15900, 24/7 hotline, General Secretariat of Gender Equality
- 210 970 0814, SOS Line, European Network of Women



How to help someone who's in an abusive relationship

- Be patient and don't give up on your loved one if they're not ready to leave or they keep going back, this can take a long time.
- Be supportive and listen patiently.
- Let them recognize that abuse is not "normal" and they don't deserve it.
- Be hopeful and talk about how much better their life could be.
- Develop a safety plan together if needed.

Everyone deserves to be in a relationship where both people feel safe, respected, trusted, and loved.





Words for the Wise

No Relationship is Perfect

It is normal to feel angry, hurt, or upset at times but never humiliated, pressured, controlled or scared. One needs to feel loved, respected, and free to be yourself whether you are dating, married, living together as a couple, or are just friends.

Friends For Ever

Our friends choose us, accept us and support us and they play a powerful role in shaping our attitudes, beliefs, and behaviors towards the good and the bad in life including sexual violence, abuse or even rape. Friends should speak up when they know of or see abuse or improper behavior, they should not accept excuses for violent acts committed by people they love or to people they love. Friends give and receive respect.

Communicate with Each Other

Talking, expressing your feelings freely, voicing your opinion are essential tools in any healthy relationships. If you disagree, speak clearly and directly, without intentionally hurting or disrespecting each other.

Honesty Trust & Respect

Honesty and respect are key ingredients to the success of any relationship whether it is between friends, family, couples and others. Treat your partners, friends, and family with the same trust, honesty, and respect that you would want.

Abuse is Never Okay

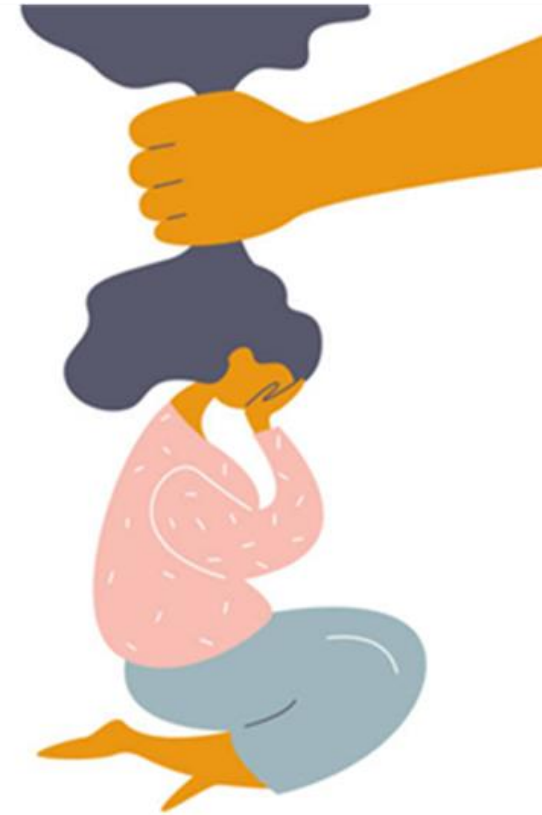
Intentional harm is not acceptable whether it is physical, sexual, or emotional. Don't ever try to justify or excuse the behavior. Seek help.

Campus Resources:

- ext.1080 ACG Counseling Center
- ext.1500 ACG Health & Wellness Center

Community Resources:

- 197 EKKA hotline, 24/7 National Center for Social Solidarity
- 15900, 24/7 hotline, General Secretariat of Gender Equality
- 210 970 0814, SOS Line, European Network of Women



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Sources & further reading: www.rainn.org, www.cdc.gov, www.loveisrespect.org, www.lifeoptimizer.org, www.pixabay.com, <https://www.nevadacountyca.gov/780/Dating-Violence-Warning-Signs-Quiz> ; <https://www.plannedparenthood.org/learn/relationships/healthy-relationships/what-makes-relationship-unhealthy>

