

# HEALTHY

## Relationships

Relationships and dating can be tricky. What does a healthy relationship look like to you? What can you do if you ever feel unsafe? Here are some questions to consider.\*



- Does your partner make you feel safe, valued, and respected?
- Do you feel like your partner is meeting your needs?
  - Supporting the things you enjoy
  - Making you feel good about yourself
  - Having trust and respect for you
  - Recognizing and valuing your needs
- Almost everyone has an argument with their partner from time to time. How do things usually go when there is conflict in your relationship?
- How do you and your partner handle tough conversations?
- What kinds of things do you worry about in your current relationship?
- What do you think a healthy relationship looks like?
- How does your partner get along with the other important people in your life?
- Have you ever been forced to do something you did not want to do by a partner, friend, or family member?
- How do you and your partner handle finances or money problems?
- Does your partner respect your privacy?
- Does your partner want to be able to track your location or have the passwords to your social media accounts?

**If you are concerned about any of your responses to these questions, talk to your doctor or someone you trust.**



## WARNING SIGNS

*Some behaviors may indicate a dangerous situation escalating.*

Consider seeking help or telling someone you trust if your partner:

- Has ever threatened to kill you
- Has ever tried to strangle you
- Uses substances and can be unpredictable
- Has a gun and has made threats about it
- Becomes more violent when you are pregnant

### MAKING A SAFETY PLAN:

We are often discouraged from thinking the worst about someone. Being realistic

about your partner's behavior may not be pleasant but it can save your life.

Like insurance, it is something we hope to need but if we are better off having it.

A safety plan is a list of names, numbers, places and actions which you can use if you feel that your safety is in jeopardy.

The National Domestic Violence Hotline  
<https://www.thehotline.org/plan-for-safety/create-a-safety-plan/>



- 1-800-799-SAFE (7233), thehotline.org,
  - Call, text, or online chat options
- Georgia Domestic Violence Hotline:
  - 1-800-33-HAVEN (1.800.334.2836)
- Metro Atlanta Crisis Line: 404-873-1766
- PADV.org: 24hr emergency shelters in Atlanta
- AVLF.org: GA domestic violence legal aid



# PEACE for MOMS

providing peace of mind for you and for your patient

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