

# HEALTHY RELATIONSHIPS



## ABOUT THIS PRESENTATION

This presentation is all about relationships. It speaks about different unhealthy behaviors and types of abuse including physical, psychological/emotional, and sexual. While also covering what a healthy relationship and healthy communication looks like.

### WHAT IS A RELATIONSHIP?

A relationship can be any **connection** between people.

Types of Relationships

- Romantic
- Friendship
- Familial
- Work

### WHAT IS EMOTIONAL ABUSE?

Non-physical behaviors that are meant to control, isolate, or frighten someone.

Examples

- Possessive behaviors
- Stalking
- Derogatory speech
- Gaslighting

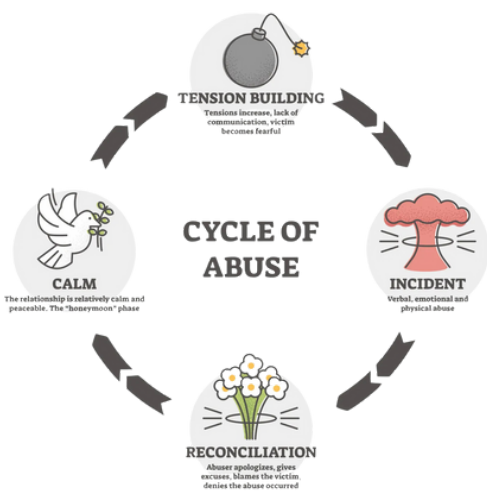
### WHAT IS PHYSICAL AND SEXUAL ABUSE?

Physical violence or threats of it to maintain power and control over an individual

Control over the physical and sexual intimacy in a relationship

### WHAT IS THE CYCLE OF ABUSE?

The cycle of abuse is a theory that explains specific patterns of behavior in abusive relationships or situations. Survivors or victims of abuse may get stuck in this loop which is why they are unable to get out of a relationship.



### WHAT DOES A HEALTHY RELATIONSHIP LOOK LIKE?

Healthy relationships are different for everyone! What you think is healthy may be totally different for someone else. However, most healthy relationships involve open communication, trust, equality, and respect.

### PITTSBURGH RESOURCES

- **PAAR (Pittsburgh Action Against Rape)**: Provides confidential counseling, assists with legal processes, and operates a 24/7 hotline (1-866-363-7273)
- **Women's Center and Shelter of Greater Pittsburgh**: Provides support for all types of intimate partner violence, legal advocacy, emergency shelters, support groups, and operates a 24/7 hotline (412-687-8005)

### PITT RESOURCES

- **Prevention at Pitt**: Sexual Violence Prevention and Education Office works to promote ongoing dialogues with faculty, staff, and students. 31st Floor
- **Civil Rights and Sexual Misconduct Office (Formerly Title IX)**: 31st Floor of Cathedral of Learning
- **Care Advocates**: assist students in accessing resources; WPU 9th Floor
- **University Counseling Center**: can provide confidential counseling; Nordenberg Hall

### NATIONAL RESOURCES

- **Love Is Respect**: Counseling and resources for relationship violence: [loveisrespect.org](http://loveisrespect.org)
- **SAMHSA National Helpline**: for mental health and substance abuse 1(800) 662-4357
- **RAINN**: 24/7 counseling and support for sexual violence 1(800) 656-HOPE