

Healthy relationships

Everyone deserves to have partners listen to what they want and need. Ask yourself:

- ✓ Is my partner or the person I am dating kind to me and respectful of my choices?
- ✓ Does my partner support my using birth control that's best for me?
- ✓ Does my partner support my decisions about if or when I want to have children?

If you answered YES—it sounds like they care about you. Studies show that this healthy relationships lead to better health, a longer life, and helps your children.

Are you in an UNHEALTHY relationship?

1 in 4 women are hurt by a partner in their lifetime. Ask yourself:

- ✗ Does my partner shame or humiliate me?
- ✗ Does my relationship make me feel worse about myself?
- ✗ Does my partner ever hurt, scare or threaten me with their words or actions?
- ✗ Does my partner mess with my birth control or try to get me pregnant when I don't want to be?
- ✗ Does my partner make me have sex when I don't want to?

If you answered YES to any of these questions, *help is available*. You can talk with your health care provider and call/text the hotlines on this card.

Helping a friend

Everyone feels helpless at times and like nothing they do is right.

Sound familiar? This can happen in relationships—especially ones that are unhealthy or unsafe. Connecting with friends or family who struggle in their relationships is so important.

You can make a difference by telling them they aren't alone. "Hey, I've been there too and someone gave this card to me. It has ideas about places you can go for support and things you can do to be safer and healthier."

And for you? Studies show when we help others we see the good in ourselves, too.

Taking Control

A partner may see pregnancy as a way to keep you in their life and stay connected to you through a child – even if that is not what you want. Your health provider can offer birth control that your partner won't know about:

- ✓ The copper IUD is a small, safe, hormone-free device placed into the uterus to prevent pregnancy for up to 12 years. It's strings can be cut off so your partner can't feel them. You will still get a regular period.
- ✓ Emergency contraception (EC/morning after pill) is taken up to 5 days after intercourse to prevent pregnancy. The sooner you take it, the better it works. Hide EC by taking it out of its packaging and putting it in an empty pill bottle so your partner won't know what it's for. To find a provider near you: [bedsider.org](https://www.bedsider.org)

Your health and wellness

- ✓ Do you often feel depressed or anxious?
- ✓ Are you drinking, smoking, or using drugs more to cope?
- ✓ Have you noticed changes in your appetite or sleep habits?
- ✓ Do you ever think about hurting yourself?

Reactions like these are common for people who have experienced violence or harm in their relationships. It could be helpful to talk to a health provider or an advocate about what is going on.

Pregnant? Know your options

If you think you could be pregnant and are unsure about what you want to do, you are not alone. Almost half of pregnancies are unplanned. Your health care provider can do a pregnancy test and talk with you about your options.

If your pregnancy test is positive, you have three options you can think about: 1) continuing the pregnancy to parent 2) planning an adoption, or 3) having an abortion

Knowing your options can help you decide what you want to do. You have the right to make whatever decision is best for you and your health and safety. You can look over the following information on this card and can talk to your health care provider about resources. You can also call: **All-Options Talkline 1-888-493-0092**

- ✓ If you decide to continue the pregnancy, prenatal care is important. You may want support or information about finding a health care provider you can trust and what birthing options are available in your area. If you need help locating a health care provider in your area, you can find one here: www.findahealthcenter.hrsa.gov
- ✓ If you decide to end the pregnancy, abortion is a legal and safe procedure performed by experienced health professionals. You can go to this website to find information about providers in your area and/or help paying for the cost of the procedure:

<https://www.all-options.org/resources/abortion/>

Getting Help

- ✓ If the person you are seeing checks your cell phone or texts, talk to your health care provider about using their phone to call the hotlines on this card – so your partner can't see it on your call log.
- ✓ The folks on The Hotline can help you with a plan to be safer. You can find out more online: joinonelove.org/my_plan_app

If you have an STD and are afraid your partner will hurt you if you tell them:

- ✓ Request partner notification from the public health department anonymously, without using your name.
- ✓ Use online partner notification services without using your name at inspot.org. For other STDs: sotheycanknow.org

Everyone deserves a healthy and respectful relationship. We know that doesn't always happen. If you are being hurt by your partner, it is NOT your fault. The Hotline has staff who are trained to help people in unsafe relationships.

The Hotline - 24/7 | Confidential | Free
1-800-799-SAFE (1-800-799-7233)
TTY 1-800-787-3224 | thehotline.org

Develop a safety plan using this app:
joinonelove.org/my_plan_app

For more info on pregnancy options:
alloptions.org | **1-888-493-0092**



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**Healthy Relationships and Pregnancy:
Taking control of your health**