Relationship Dynamics

Moorpark College Student Health Center

Contact Us

Call: (805) 378-1413 Location: Administration Building Rm 111 0 mc_studenthealthcenter

Our trained mental health team is here to help. Call (805) 378-1413 for a free appointment as a student.

> We can help with: **Relationships** Self-esteem/value Stress/anxiety Self-discovery And more

Tips for a healthy relationship

it's okay not to SPEND ALL OF YOUR TIME TOGETHER.

^{can} come first. You can/should have friends independent of the relationship.

Honesty & Responsibility

Not making excuses for your partner's or for your own actions • Admitting Trust & when you are wrong . Support Keeping your word Not cancelling Being supportive plans

 Wanting the best for your partner • Knowing your partner likes you · Offering encouragement when necessary . Being okay with your partner having different friends

Respect

Paying attention to your partner, even when your friends are around . Valuing your partner's opinion even if it differs from yours . Listening to what your partner has Responsibility to say Making decisions

School and

other

^{responsibilities}

Your boundaries

are for you to

determine.

keep them.

together • Splitting or alternating the costs on dates . Doing things for each other . Going places you both enjoy • Giving as much as you receive

> таік абоит алц concerns

EQUALITY

WHEEL

Shared

Your time together should fill your emotional, mental, and physical needs

Open Communication

Being able to express your feelings or opinions • Knowing it's okay to disagree • Saying Intimacy what you mean and meaning what you say

Respecting your partner's boundaries • Respecting each other's privacy • Not pressuring your partner • Being faithful

Physical Affection

Holding hands • Hugging • Kissing • Sitting or standing with your arm on your partner's shoulder • Respecting each other's right to Fairness & say no • Asking before acting Negotiation

Accepting change Being willing to compromise • Working to find solutions that are agreeable to both people Aggreeing to disagree sometimes

> You should have mutual respect

You should know that if you wanted to end the relationship You could do so without fear or retaliation

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Using Harmful Language Name calling.

- Playing mind games.
- Humiliating someone. Making someone feel

insecure. Making someone feel guilty. Telling lies or private information about someone

to others.

Power

and Control

Wheel

Controlling what someone does or where

Jsing Physical Violence

Hitting, scratching, shaking,

choking, pinching, pushing,

strength against another

Using one's body size or

person.

biting, or grabbing.

she/he goes. Deciding who someone sees.

Exclusion

talks to, or what she/he wears. Limiting outside involvement.

 Pressuring someone to be part of a group. Isolating someone from their friends or family.

Sexual Coercion, Harassment, or Assault

Manipulating to get sex or other sexual activity.

- Getting someone drunk or drugged to get sex. Destroying or refusing to use birth control or STD protection during sex.
- · Making sexual comments, giving inappropriate looks, or telling sexual jokes.

Sexually touching, grabbing, rubbing, or pinching someone without their consent.

If you are in

danger, call 911.

Using Threats · Making threats to

use physical or sexual violence.

- · Threatening to leave, to commit suicide, or report someone to the police.
- Making someone do illegal things.
- Threatening to expose someone's HIV status, immigration status, or other private information.

space.

Using Social Standing

· Using popularity, class, race or disability to manipulate someone else Making all the decisions for someone.

Being the only one to define roles in the relationship.

Using Technology

Sending unwanted text messages. Breaking into someone's social networking profile, email, or cell phone. · Pressuring someone to take, send or look at sexual photos or pictures.

Using Intimidation

- · Making someone afraid by using looks, actions, or gestures. Smashing, destroying, or stealing property.
- Abusing pets or loved ones.
- Minimizing, Displaying weapons.

Denying, or Blaming

- Minimizing the impact of abuse.
- Not taking concerns about abuse seriously.
- Saying the abuse didn't happen.
- Blaming abusive behavior on stress, alcohol, drugs, or jealousy.
- Saying the victim caused the abuse.

Get Help.

If you need to leave, Seek professional help find a shelter or safe for emotional and mental trauma.

Do you ever feel like...

You have to hide things or your partner will get mad?

Your partner does something that hurts you and doesn't take accountability?

They wouldn't let you break-up with them because they "love you so much they would rather die than be without you?"

They often make you the target of jokes?

They tell their friends personal things about you or your relationship without your permission?

They put you down.

They don't want you to focus on things that are important to you or spend time with other people?

They make you feel like you are lucky to be with them or don't have other options?

They push the boundaries on what you are okay with physically/sexually without asking or talking about it.

They are very jealous or want to know everything you do/who you are with.

There are many indicators of a a potentially unhealthy relationship. The above questions are just some common experiences. If you answered yes to any of the above questions, it may be a good idea to consider if you are in a healthy relationship and what you may need.