



Halloween is Scary—Your Relationships Shouldn't Be.



In every relationship, you deserve to be respected and have your boundaries and needs met. All relationships exist on a spectrum from healthy to abusive, with unhealthy relationships in the middle.

In healthy relationships, partners are communicative, respectful, trusting, honest, and equal. Healthy partners feel secure in their relationship—whether they are spending time together or apart—and take the time to learn and respect each other's boundaries. Conflict is normal, and you should be able to respectfully discuss disagreements without becoming hurtful. You deserve to enjoy time spent with your partner. Ultimately, healthy relationships are fun!

In unhealthy relationships, there is a lack of communication, respect, honesty, and trust. Disagreements may happen often and become heated quickly. One or more partners may try to assert control over the other or use pressure to manipulate decisions.

In abusive relationships, partners attempt to gain or maintain power and control over others. Abuse might be physical, sexual, emotional, verbal, financial, or may happen online. Abusive relationships make you feel emotionally or physically unsafe. It is important to know what to look for when it comes to abuse.

Typical warning signs of abusive behavior from your partner(s) include:

- o Checking your phone, email, or social media accounts without your permission.
- o Putting you down frequently, especially in front of others.

- o Isolating you from friends or family.
- o Extreme jealousy or insecurity.
- o Explosive outbursts, temper, or mood swings.
- o Any form of physical harm.
- o Possessiveness or controlling behavior.
- o Pressuring you or forcing you to have sex.

SAPHE RESOURCES

If you suspect you're in an unsafe relationship, here are some resources that may help:

Creating a Safety Plan
(hotline.org)



"Is Your Relationship Healthy?" Quiz
(loveisrespect.org)



WANT TO LEARN MORE?

Check the SAPHE Instagram [@tusaphe](https://www.instagram.com/tusaphe) for events during **Healthy Relationships Week! (Oct. 17-21)**

DOWNTOWN

Upcoming Events

For all events, students must have a Tulane ID to access the building.

- **Guided Visualization Workshop hosted by Counseling Center Staff**
School of Medicine Building, Hutchinson, Rm. 1525: Monday, Oct 3, 12 - 1 p.m.
 - **Flu Clinic for Grad Students by Campus Health**
Tidewater, Diboll Gallery 1st Floor: Wednesday, Oct 12, 9 a.m. - 2 p.m.
 - **Self-Care for the Advocate Workshop hosted by Counseling Center Staff**
Tidewater, Diboll Gallery 1st Floor: Thursday, Oct 13, 12 - 1 p.m.
 - **Stress Relief Activities and Massages for Medical Students** Murphy Building, Rm. TBD: Wednesday, Oct 19, 11:30 a.m. - 1:30 p.m.
 - **TUgether Tuesdays: Free snacks and Campus Health/Violence Prevention Institute Outreach**
Tidewater, Diboll Gallery 1st Floor: Every Tuesday, from 12 - 1 p.m.
 - **Solo Jazz or Zumba (Rotating Schedule Every Week)**
School of Medicine Building, Hutchinson, Rm. 1525: Every Tuesday, from 5:30-6:30 p.m.
- **Note: Dance Breaks at Tidewater from 12 - 1 p.m. cancelled rest of semester**



Breaking Up in a Healthy Way

Breakups are almost always difficult. Even when the breakup is amicable, feelings of loneliness, anxiety, or missing your partner(s) are valid. It's important, though, to know how to break up in a healthy way.

First, know when it's time to break up. Trust your instincts. If you feel nervous around your partner, feel like they are draining your energy rather than replenishing it, and/or trusted friends/family reach out worrying about your relationship, it might be time to break up.

When you break up, it's ideal to speak with your partner in-person in a place you both feel comfortable. Planning out your words can make this conversation smoother. Be honest about your reasons for breaking up, without sugar-

coating or being purposely hurtful. Using "I" statements is useful here. Also, be ready to listen. If you feel overwhelmed, it's alright to ask for space to continue the conversation later.

After you break up, communicate your boundaries, and ensure that your partner(s) understands them. Taking space from each other can allow everyone to come to terms with the end of the relationship and work through their emotions. It's normal to try to be friends after, but you're allowed also to request not remain friends for any reason.

Remember, the most knowledgeable person about your breakup will always be you! Trust yourself.