

YOU HAVE THE RIGHT TO BE IN A HEALTHY RELATIONSHIP

THIS INCLUDES THE RIGHT TO:

- receive kindness and understanding from your partner
- receive emotional support, especially when times are tough
- communicate respectfully to your partner (without insults)
- have your feelings heard
- enjoy a relationship without name calling, put downs and humiliation
- make mistakes without being blamed for everything
- receive encouragement from your partner
- enjoy relationships without any emotional or physical threats
- choose whether to continue the relationship or not
- keep close relationships with your friends and family
- disagree with your partner without hearing yelling or insults
- feel safe with your partner all of the time and happy most of the time

The Alabama Healthy Marriage and Relationship Education Initiative (AHMREI) is a partnership between Auburn University's Center for Children, Youth and Families and a network of other state and community agencies focused on fostering healthier marriages and relationships throughout Alabama. AHMREI provides programs and on-line resources for individuals and couples in any and all stages of their relationships (including singles and non-married parents).

Join us for a FREE workshop to: re-energize yourself or your relationship; make a "good thing" even better; build affection with your partner; improve your communication skills; and strengthen your family. Refreshments and child care will be provided. Make a choice to put your relationship first and to keep it healthy by attending a workshop at a near-by location listed below.

Call **1-888-4TOGETHER** or visit www.alabamamarriage.org for more information about how to find a program close to you.

The Family Success Center of Etowah County
821 E. Broad Street
Gadsden, AL 35903
256-547-6888
www.family-success.org

Hope Place Family Resource Center
212 St. Joseph Street
Brewton, AL 36426
251-867-4686
www.aces.edu

IMPACT Family Counseling of Birmingham
1000 24th Street South
Birmingham, AL 35205
205-916-0123
www.impactal.org

Parents and Children Together (PACT)
245 B Jackson Street
Decatur, AL 35602
256-355-7252
www.pactfamily.org

Family Guidance Center of Alabama
2358 Fairlane Drive
Montgomery, AL 36116
334-270-4100
800-499-6597
www.familyguidancecenter.org

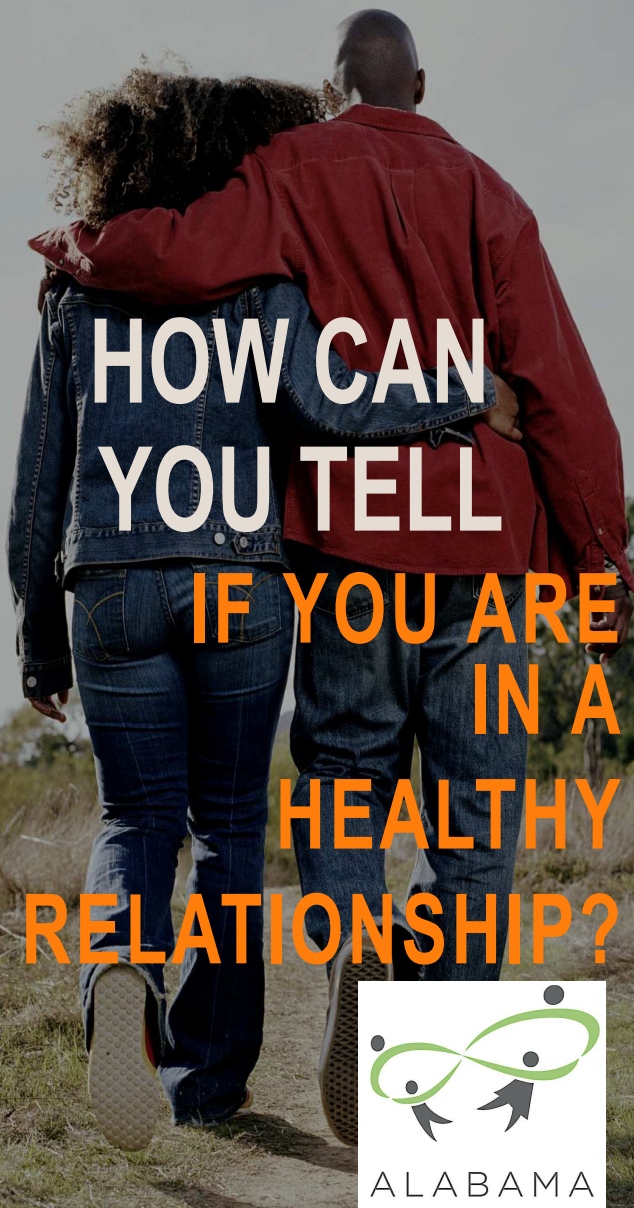
Sylacauga Alliance for Family Enhancements (SAFE)
78 Betsy Ross Lane
P.O. Box 1122
Sylacauga, AL 35150-1122
256-245-4343
www.safefamilyservicescenter.com

ACES of Elmore County
340 Queen Ann Road
Wetumpka, AL 36092
334-567-6301
www.aces.edu

Tuscaloosa's One Place
867-870 Redmont Drive
Tuscaloosa, AL 35404
256-462-1000
www.etfrc.org

Alfred Saliba Family Services Center
301 W. Lafayette Street
Dothan, AL 36301
334-712-1542
www.salibacenter.org

Circle of Care Center for Families
2200 35th Place
Valley, AL 36854
334-768-4091
www.healthymarriagesmatter.com



HOW CAN
YOU TELL
IF YOU ARE
IN A
HEALTHY
RELATIONSHIP?



ALABAMA
HEALTHY
MARRIAGE
&
RELATIONSHIP
EDUCATION
INITIATIVE

Healthy Couples,
Healthy Children



Pub.# HE-0945

For more information, scan this code

For additional resources, please visit
www.alabamamarriage.org



ARE YOU IN A HEALTHY RELATIONSHIP?

It is important to ask yourself if your relationship is right for you. Your partner should make you feel good about yourself and be there to support you when you need it most. Healthy relationships do not include insults, spying, or hurtful jokes.



KEYS TO A HEALTHY RELATIONSHIP

KINDNESS:

“When I am having a bad day my husband is the first person I call. I know he will say just the right thing to make me feel better.”

COMMUNICATION:

“I feel comfortable talking to my wife about things that bother or worry me. We work through it together.”

TEAMWORK:

“When money is tight my partner and I find ways we both can cut back and save.”

FRIENDSHIP:

“I feel like my partner is my best friend. We enjoy doing things with each other.”



DID YOU KNOW?

Being in a healthy relationship can lower your stress, improve your physical and emotional health and improve your performance at work. Children with parents in a healthy relationship often do better in school and are less likely to be involved with drugs/alcohol or experience early pregnancy.



RED FLAGS FOR AN ABUSIVE RELATIONSHIP

Batterers believe their partners should comply with every demand and will punish their partners for any disobedience. Batterers use abusive tactics to reinforce their rules and maintain absolute control over their victims.

Domestic violence includes: physical abuse, emotional abuse, financial abuse, threats, intimidation, and any other behavior used by batterers to keep victims in the relationship.

The following is a list of early warning signs that someone may be abusive:

- Pushes for quick involvement
- Is excessively jealous and accuses you of having affairs
- Says one thing and then behaves differently
- Insists that you stop spending time with your friends or family and pushes you to spend more time with them or their friends and family
- Gives you rules or do's and don'ts
- Uses any form of intimidation or threat when you do not do what they want

These red flags may occur early in the relationship and be explained by the batterer as caring or loving behaviors such as “I just check on you because I miss you” or “I just want what is best for you” or “I just want to work on our relationship and spend more time together.”

IF YOU HAVE CONCERNS ABOUT YOUR RELATIONSHIP OR YOUR SAFETY, CALL THE DOMESTIC VIOLENCE CRISIS LINE

1-800-650-6522

The purpose of this publication is the dissemination of technical information. Funding is provided through a grant from the U.S. Department of Health and Human Services - Healthy Marriage Demonstration Grant #90-FM-0006. The opinion, findings, and conclusions or recommendations expressed in this document and associated materials are those of the author(s), and do not necessarily reflect the views of the U.S. Department of Health and Human Services Administration for Children and Families.