



## What should I do?

### If your partner is abusive:

- Think about counseling, or at least speaking to someone you trust, to help you figure out what to do
- Consider ending the relationship; get help safety planning if needed

### If your friend is being abused:

- Be clear that you know and are concerned. Don't ignore the abuse
- Don't judge or tell your friend what to do—they know what's safest
- Understand that even if they end the relationship, they may go back
- Encourage them to get help

### If your own behavior is abusive:

- Don't excuse it or shift blame
- Identify your triggers; take timeouts
- Get help—counseling can make a difference

## Where can I get help?

### ON CAMPUS

Counseling Center (confidential)  
215.895.1415  
counseling@drexel.edu  
drexel.edu/counselingandhealth

Office of Equality & Diversity (private)  
215.895.1403  
titleix@drexel.edu  
drexel.edu/titleix

### OFF CAMPUS

Women Against Abuse (confidential)  
*Serves all survivors, not only women*  
Office: 215.386.1280  
Hotline: 1.866.723.3014  
womenagainstabuse.org

Mazzoni Center (confidential)  
*LGBTQ Health & Wellness*  
215.563.0652  
mazzonicenter.org

Menergy (confidential)  
*For abusive partners who want to change*  
215.242.2235  
menergy.org

### FOR EMERGENCY REPORTS

911 for the Philadelphia Police  
215.895.2222 for Public Safety  
drexel.edu/publicsafety

*Drexel has a zero-tolerance policy for sexual or gender-based misconduct, including intimate partner violence.*

## HAVING A HEALTHY RELATIONSHIP AT DREXEL



DRAGON CULTURE

## NONVIOLENCE



DREXEL UNIVERSITY  
Office of  
Equality and  
Diversity

[drexel.edu/titleix](https://drexel.edu/titleix)

## What does a healthy relationship feel like?

- You go slow and take time to get to know each other
- You're comfortable being yourself and feel accepted
- You each have your own opinions, friends, and interests
- You don't experience
  - everything happening too fast
  - extreme jealousy and drama
  - feelings of isolation, "us against the world"
- Your partner enhances your life without taking over it

## How do I know if I'm in a healthy relationship?

It can be hard to know if your relationship is unhealthy, or just experiencing regular ups and downs.

If you're not sure, consider the healthy relationships checklist:



## What if someone tells me they're concerned?

This can be hard to hear, but is from a place of caring. If the University learns of intimate partner violence, they will reach out to offer resources & options.

## The healthy relationship checklist:

I can confidently say that my partner:

- ✓ Listens to me.
- ✓ Does nice things for me.
- ✓ Believes in me.
- ✓ Can talk about feeling angry.
- ✓ Says it's ok to not always agree.
- ✓ Asks me how I feel.
- ✓ Likes me the way I am.
- ✓ Asks me what I think.
- ✓ Wants me to succeed.
- ✓ Thinks it's okay when I spend time with my friends.
- ✓ Believes me when I say I'm faithful (if monogamous).
- ✓ Admits mistakes.
- ✓ Sticks to agreements.
- ✓ Tells the truth.
- ✓ Doesn't tell me I'm crazy or stupid, blame me for everything that goes wrong, or yell at me.
- ✓ Doesn't make me do things I don't want to do.
- ✓ Treats me with respect.
- ✓ Supports my decisions.
- ✓ Resolves conflict without threats or violence.
- ✓ Is my equal: neither of us is in control.

*via leapsf.org*

 **WARNING**

## Am I in an abusive relationship?

**Abusive behaviors take many forms. They can include...**

### Physical

- Throwing objects, punching walls
- Pushing, shoving
- Slapping, hair pulling
- Restraining, punching, kicking
- Strangulation, use of weapon

### Verbal / Emotional

- Put downs, name calling
- Shouting, making false accusations
- "Gaslighting," manipulating
- Making you account for time, texting excessively and requiring immediate response
- Refusing to accept a break up

### Sexual

- Unwanted touching or sexual contact
- Pushing to go faster than you want
- Pressure to take nude photos/video
- Threats to share photos/video