



## DID YOU KNOW YOUR RELATIONSHIP AFFECTS YOUR HEALTH?

### Are you in a **HEALTHY** relationship?

Ask yourself:

- Does my partner listen when I say no to sex?
- Does my partner support my using birth control?
- Is my partner kind to me and respectful of my choices?

If you answered **YES** to these questions, it is likely that you are in a healthy relationship. *Studies show that this kind of relationship leads to better health, longer life and helps your children.*

### Are you in an **UNHEALTHY** relationship?

Ask yourself:

- Does my partner mess with my birth control?
- Does my partner refuse to use condoms when I ask?
- Does my partner make me have sex when I don't want to?
- Does my partner tell me who I can talk to or where I can go?

If you answered **YES** to **ANY** of these questions, your health and safety may be in danger.

### Is your **BODY** being affected?

Ask yourself:

- Has my partner given me an STD (sexually transmitted disease)?
- Have I had pregnancies I didn't want?
- Have I had a lot of unprotected sex I didn't plan to have?
- Have I hidden birth control from my partner so he won't get me pregnant?

If you answered **YES** to any of these questions, your partner may be trying to control your body.

### Do you feel pressure to get **PREGNANT**?

Ask yourself... Has my partner ever:

1. Tried to force or pressure me to become pregnant?
2. Told me he would leave me if I didn't get pregnant?
3. Told me he would have a baby with someone else if I didn't get pregnant?
4. Hurt me physically because I didn't agree to get pregnant?

If you answered **YES** to **ANY** of these questions, you may be at high risk for an unplanned pregnancy.

*A partner forcing you to have sex, messing with your birth control and refusing to use condoms are all signs of an unhealthy relationship. How your partner treats you can affect your health; knowing this can help you have more control over your body.*

### Here are steps to help you take control:

1. Talk to someone you trust about what's going on with your partner.
2. Talk to your health care provider about birth control that you can control and that your partner doesn't have to know about.
3. Talk to healthcare provider about ways you can keep yourself safe from getting infections.

### If your **SAFETY** is at risk:

1. Call 911 if you are in immediate danger.
2. Prepare an emergency kit in case you have to leave suddenly with: money, check books, keys, medicines, a change of clothes, and important documents.
3. Talk to your healthcare provider who can provide a private phone for you to use to call for help.

**If you are being hurt by your partner, it is NOT your fault. You deserve to be safe and healthy.**

All national hotlines can connect you to your local resources and provide support.

**For confidential help 24 hours a day, call:**

**National Domestic Violence Hotline**  
**1-800-799-7233 TTY 1-800-787-3224**  
**[ndvh.org](http://ndvh.org)**

**Sexual Assault Hotline**  
**1-800-656-4673**  
**[rainn.org](http://rainn.org)**

**Teen Dating Hotline**  
**1-866-331-9474**  
**[loveisrespect.org](http://loveisrespect.org)**



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