



Healthy Relationships

Here are some ways to stay healthy **EVERY DAY**:

Exercise - 30 minutes daily
Vitamin - 400 micrograms of folic acid daily

Educate yourself about medicines and toxins that can cause birth defects

Reproductive life planning

Yearly doctor visits to discuss physical and mental wellness

Diet - vegetables, fruits and whole grains daily

Avoid tobacco, drugs and alcohol

Your partner, friends, and family should be sources of support

What is a healthy relationship?

In a healthy relationship, both people respect, trust, and support each other. This means that you can share your thoughts and feelings openly. You can talk about and solve your problems together, and you always feel safe. You also feel free to be yourself and are happy most of the time.

What is an unhealthy relationship?

In an unhealthy relationship, your partner may try to control you. This means telling you who you can talk to, where you can go, or what you can buy. Other signs are when your partner:

- scares or threatens you
- forces you to have sex
- calls you names
- messes with your birth control
- puts you down
- physically hurts you

These are all signs of abuse and can put your life at risk.

How can your relationship affect your health?

A healthy relationship can make you feel better and improve your health. An unhealthy relationship can put your health and your life at risk. If you get pregnant, physical, sexual and verbal abuse can hurt you and the baby. Abuse even before you get pregnant can cause the baby to be born early or weigh too little.

What to do if you are in an unhealthy relationship:

If you think you are in an unhealthy relationship, it is important to get help. If you are being hurt by anyone, it is not your fault. You deserve to be safe and healthy. You may feel alone and trapped, but there is help. Talk with someone at your doctor's office or clinic. They can help you find support services. Violence at home tends to get worse over time. So, it is important to get help as soon as possible.

- If you are in danger right now, call 911. Don't wait.
- You can call 1-800-799-SAFE (7223) or 1-800-787-3224 (TTY for the hearing or speech impaired) 24 hours a day and reach the National Domestic Violence Hotline. They can refer you to help near where you live.
- You can also get information at www.thehotline.org or at www.futureswithoutviolence.org



www.everywomancalifornia.org