

LOOK OUT!

IS YOUR RELATIONSHIP RIGHT FOR YOU?

Healthy relationships do not include name calling, bullying, spying or posting embarrassing information on-line. Your partner should make you feel good about yourself and encourage you to be successful. A healthy relationship is not one-sided. Your partner should want you to have friends and close relationships with your family.

RED FLAGS: LOOK OUT FOR CUES THAT MIGHT MEAN YOU ARE IN AN ABUSIVE RELATIONSHIP:

You feel afraid to break up with your partner.

You feel tied down and feel like you have to check-in with your partner.

You feel afraid to make decisions or to bring up certain subjects so that the other person won't get mad.

You are physically or emotionally abused by your partner.

You feel pressured to do things you do not enjoy.

KEYS TO A HEALTHY RELATIONSHIP:

Communication:

"I have no problem talking with my boyfriend about anything. We have learned it is best to be honest, respectful and clear with each other."

Friendship:

"My girlfriend and I share common interests and we really enjoy spending time together."

Trust:

"I want my partner to have good relationships with other friends and family members. Our relationship is not based on jealousy."

The Alabama Healthy Marriage and Relationship Education Initiative (AHMREI) wants everyone to be "relationship smart." 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 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 the decision to keep your relationship healthy. If you have questions or want to attend a Free workshop, call the location nearest you or visit www.RealTeenRelationships.com.

The Family Success Center of Etowah County

821 E. Broad Street
Gadsden, AL 35903
256-547-6888
www.family-success.org

IMPACT Family Counseling of Birmingham

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

Family Guidance Center of Alabama

2358 Fairlane Drive
Montgomery, AL 36116
334-270-4100
800-499-6597
www.familyguidancecenter.org

ACES of Elmore County

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

Alfred Saliba Family Services Center

301 W. Lafayette Street
Dothan, AL 36301
334-712-1542
www.salibacenter.org

Hope Place Family Resource Center

212 St. Joseph Street
Brewton, AL 36426
251-867-4686
www.aces.edu

Parents and Children Together (PACT)

245 B Jackson Street
Decatur, AL 35602
256-355-7252
www.pactfamily.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

Tuscaloosa's One Place

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

Circle of Care Center for Families

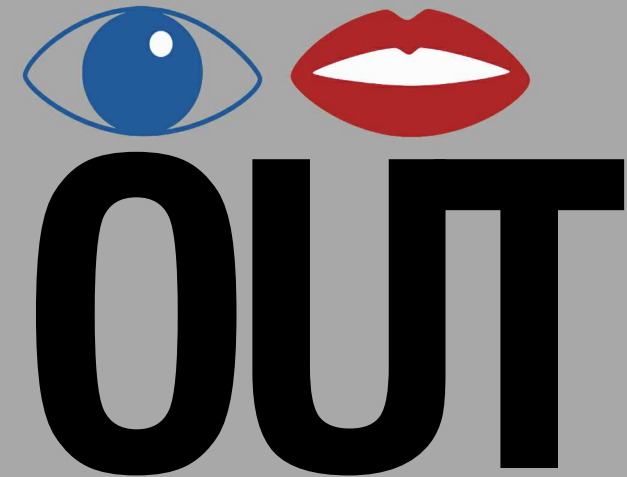
2200 35th Place
Valley, AL 36854
334-768-4091
www.healthymarriagesmatter.com



www.RealTeenRelationships.com

Pub.# HE-0946

For more information scan this code



THE LOOK OUT / SPEAK OUT CAMPAIGN TO PROMOTE HEALTHY RELATIONSHIPS

**LOOK OUT
AND
SPEAK OUT
FOR A
HEALTHY
RELATIONSHIP**



Healthy Couples,
Healthy Children



LOOK OUT AND SPEAK OUT

ONLINE

NATIONAL TEEN DATING ABUSE HELPLINE

1-866-331-9474 / 1-866-311 8453 TTY

www.LOVEISRESPECT.org

ALABAMA COALITION AGAINST DOMESTIC VIOLENCE

www.acadv.org

If you are in an abusive relationship

PLEASE CALL

1-800-650-6522

Alabama Domestic Violence Hotline

LOOK OUT! SPEAK OUT!

**YOU HAVE THE RIGHT TO ENJOY A HAPPY HEALTHY RELATIONSHIP!
YOU HAVE THE RIGHT TO:**

ALWAYS BE TREATED WITH RESPECT

In a respectful relationship, you should be treated as an equal.

BE LOVED FOR WHO YOU ARE

A healthy relationship involves honesty, trust, and communication.

NOT BE HURT PHYSICALLY OR EMOTIONALLY

You should feel safe in your relationship at all times.

REFUSE AFFECTION AT ANY TIME

A healthy relationship involves respecting each other's feelings and thoughts about affection.

HAVE FRIENDS AND ACTIVITIES APART FROM YOUR BOYFRIEND OR GIRLFRIEND

Spending time by yourself, with male or female friends, or with family is normal and healthy.

END A RELATIONSHIP

You have the right to speak up and end a relationship for any reason you choose without threats or harassment from your partner.

ABUSE IS NEVER DESERVED AND IS NEVER YOUR FAULT

Problems should be resolved in a peaceful and respectful way.

SPEAK OUT/LOOK OUT TIPS

Talk with your partner about what kind of relationship you want.

Watch out for behaviors that you do not like or that bother you (actions speak louder than words).

Make sure that any changes you make are your choices and not made just because your partner wants you to change.

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-FM0006. 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.