

# Take Action to Support Healthy Relationships



For you



For your loved ones



For your community

## Why Do Healthy Relationships Matter?

21%

21% of female and 10% of male high school students who date reported experiencing physical and/or sexual violence from a dating partner in the last 12 months.<sup>1</sup>

23% of women and 15% of men who reported physical or sexual violence or stalking from an intimate partner said they first experienced this violence before age 18.<sup>2</sup>

23%

## 5 Keys of Healthy Relationships



### Respect

Promote & model healthy attitudes & relationships

“ My actions show my values. I treat others the way I want to be treated. ”



### Learn

Access credible information and resources to promote your overall health

“ When I have a question I find information from a trusted source. ”



### Empower

Everyone has the right to set limits, feel safe, and get support - including you

“ I deserve to be respected and listened to. ”



### Consent

Seek mutual agreement without fear or pressure

“ I ask for consent. If it's not clear I ask, "Are you comfortable? Is this ok?" ”



### Communicate

Express yourself to partners, peers, and family

“ I can talk openly and honestly with people I trust. If I notice something is wrong, I speak up. ”

**Prevention is possible!**

We can all help create a culture of respect and equity.

Show your support for Sexual Assault Awareness Month  
Learn more: [www.nsvrc.org/saam](http://www.nsvrc.org/saam)