Take Action to Support Healthy Relationships

Why Do Healthy Relationships Matter?

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.1

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 18.2

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.

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

I deserve to be respected and listened to.

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.

Learn
Access credible information and resources to promote your overall health

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

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?”

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
