

# HRM 2023

## HEALTHY RELATIONSHIPS MONTH



### WHAT IS HEALTHY RELATIONSHIPS MONTH?

Corresponding with Valentine's Day, February is Healthy Relationships Month. It is meant to encourage a focus on creating caring connections that help to foster positive mental and physical health.

This month and beyond, the SHARE Education Team hopes to encourage positive relationships to prevent and mitigate the harms that can come from unhealthy behaviors in relationships.

**SHARE EDUCATION**  
**SHARE.STANFORD.EDU**

# WHAT IS A HEALTHY RELATIONSHIP?

---

All humans deserve to be in healthy relationships. All relationships (whether romantic or platonic) exist on a spectrum from healthy to abusive – with unhealthy relationships existing somewhere in the middle. When a relationship is healthy, it can bring out the best in us and make us feel valued. A healthy relationship does not mean it is “perfect” and no one engages in healthy behaviors 100% of the time, but we hope to show you some healthy behaviors you can strive for in all of your relationships.

Healthy relationships can manifest themselves as clear and constructive communication with others, but it is also important to remember to have a healthy relationship with yourself first. As you read on, we invite you to reflect on how you have seen these practices in your own relationships, and what you can change to make your relationships healthier. We also encourage you to share this newsletter with others to continue the conversation around healthy relationships.

**SHARE EDUCATION**  
**SHARE.STANFORD.EDU**

Sources: OneLove, It's On Us

# HEALTHY RELATIONSHIP BEHAVIORS

While these are some common examples, it is important to remember that healthy relationships can look completely different for different people depending on their identities and past experiences. We invite you to use the following lists as a guide in all of your relationships to identify areas of growth and strength.

**Comfortable Pace:** It's normal to want to spend a lot of time with someone when you first meet them, but it's important that you're both on the same page with how the relationship is moving. In a healthy relationship, you're not rushed or pressured in a way that makes you feel overwhelmed.

**Trust:** Confidence that your partner won't do anything to hurt you or ruin the relationship. In a healthy relationship, trust comes easily and you don't have to question the other person's intentions or whether they have your back.

**Honesty:** You can be truthful and candid without fearing how the other person will respond. In a healthy relationship, you should feel like you can share the full truth about your life and feelings with each other – you will never have to hide things.

**Independence:** You have space to be yourself outside of the relationship. The other person should be supportive of your relationships with other friends, family, and coworkers. Having independence means being free to be yourself and giving your partner that same freedom.

SHARE EDUCATION  
SHARE.STANFORD.EDU

Source: OneLove

# HEALTHY RELATIONSHIP BEHAVIORS

**Respect:** You value one another's beliefs and opinions, and love one another for who you are as a person. You feel comfortable setting boundaries and are confident that the other person will respect those boundaries.

**Equality:** The relationship feels balanced and everyone puts the same effort into the success of the relationship. You don't let one person's preferences and opinions dominate, and instead, you hear each other out and make compromises when you don't want the same thing.

**Taking Responsibility:** Owning your actions and words. You avoid placing blame and are able to admit when you make a mistake. You genuinely apologize when you've done something wrong, even if it wasn't your intention, and continually try to make positive changes to better the relationship.

**Healthy Conflict:** Openly and respectfully discussing issues and confronting disagreements non-judgmentally. Conflict is a normal and expected part of any relationship. Healthy conflict is recognizing the root issue and addressing it respectfully before it escalates into something bigger.

**Fun:** You enjoy spending time together and you bring out the best in each other. A healthy relationship should feel easy and make you happy. No relationship is fun 100% of the time, but the good times should definitely outweigh the bad.

# UNHEALTHY RELATIONSHIP BEHAVIORS

While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse.

- \* Ignores you on the days when they are angry
- \* Blackmails you if you refuse to do something
- \* Belittles your opinions or projects
- \* Makes fun of you in public
- \* Manipulates you
- \* Is constantly jealous
- \* Controls your outings, clothes, makeup, etc.
- \* Goes through your texts, emails, apps
- \* Requiring you to share your location on apps like Find my Friends and Life360
- \* Insists that you send them intimate photos
- \* Isolates you from your family and friends

**SHARE EDUCATION**  
**SHARE.STANFORD.EDU**

Sources: OneLove, IT's On Us

# RELATIONSHIPS IN THE DISABILITY COMMUNITY

---

Many people mistakenly believe that people with disabilities don't desire sex and relationships, or that they are entirely unable to do so. However, this is a complete myth. People living with disabilities are human beings with human desires, needs, and preferences.

Unfortunately, compared to the non-disabled community, people with disabilities are three times more likely to experience violence and sexual abuse. People with disabilities may often feel devalued and isolated from their community and are often perceived as powerless and their disability can often be used against them. Often, the line is blurred between partner and caregiver, which can make identifying unhealthy relationship dynamics even more difficult.

Unhealthy relationships can present in specific ways for people with disabilities, such as financial abuse, emotional abuse (e.g. invalidating one's disability), sexual abuse in situations where the partner is not capable of providing consent, misuse of physical property (e.g. withholding or damaging a partner's hearing aids), medication abuse, and neglect.

**SHARE EDUCATION**  
**SHARE.STANFORD.EDU**

Source: OneLove

# RELATIONSHIPS IN THE DISABILITY COMMUNITY

Villisa Thompson's Dating Etiquette Tips

## VILLISA K. THOMPSON

Villissa K. Thompson is a social worker, disability rights consultant, writer, advocate, and founder of Ramp Your Voice!

She finds that many people who express interest in her have poor dating etiquette. This presents unique issues when she reveals her disability on her dating profile, or if it comes up in conversation on the first date.



### EQUAL TREATMENT

"We are not porcelain dolls that need to be tended to or protected. We want to be viewed, treated, and respected as equal to you and not as being inferior because we are disabled."

### SEXUAL JOKES/ INNUENDOS

"Some women like to know they are attractive, but it can become objectifying. When sexual insinuations are made, it seems like all you are seeking is sex, and not the person."

### INAPPROPRIATE QUESTIONS

"If it is not a question you would ask in front of your Grandmother, consider it highly offensive or uncomfortable to ask a stranger you are seeking to date."

**SHARE EDUCATION**  
**SHARE.STANFORD.EDU**

Source: Easter Seals



# HRM 2023 AT STANFORD

## SHARE CARES TABLING



**WHEN:** 2/14, 12-2pm

**WHERE:** White Plaza

**WHAT:** Thank you for stopping by our table to learn more about Healthy Relationships Month and taking Valentine's care packages for yourself and your loved ones!

## ART INSTALLATION AND TABLING

Fill out our survey at [forms.gle/9uyYQRDwLGEMVstY9](https://forms.gle/9uyYQRDwLGEMVstY9) to leave your thoughts on what you would change about Hook Up culture and to possibly be featured on our social media and our upcoming art installation.

**WHEN:** 2/28, 12-2pm

**WHERE:** White Plaza

**WHAT:** Come by our table to learn more about Hookup Culture and share your thoughts with us.

## STANFORD RESOURCES

For more information on the resources available if you or someone you know is experiencing stalking, visit [share.stanford.edu/get-help](https://share.stanford.edu/get-help).

You can also contact the Confidential Support Team (CST) at (650-725-9955) 24/7 for confidential counseling services or the Weiland Health Initiative for queer-specific counseling.

## NON-STANFORD RESOURCES

**Victim Connect**  
[victimconnect.org](https://victimconnect.org)

855-4-VICTIM (84-2846)

**National Sexual Assault  
Hotline**

[RAINN.org](https://RAINN.org)

800.656.HOPE (4673)

**National Domestic  
Violence Hotline**

[thehotline.org](https://thehotline.org)

1-800-799-SAFE (7233)

**YWCA @ Stanford**

[yourywca.stanford.edu](https://yourywca.stanford.edu)

(800) 572-2782

## LEARN MORE ABOUT HRM

Visit the One Love at: <https://www.joinonelove.org/>

To learn more about supporting people with disabilities, visit **The Arc** ([www.thearc.org](https://www.thearc.org)) and **End Abuse of People With Disabilities** ([www.endabusepwd.org](https://www.endabusepwd.org)).

**FOLLOW US ON SOCIAL MEDIA!**

**INSTAGRAM:** @shareatstanford

**EMAIL:** shareeducation@stanford.edu

Did you know we have a new SHARE  
website?

**Provide feedback by visiting**  
**<https://share.stanford.edu>**

**SINCERELY,**

**SHARE**

**EDUCATION TEAM**

**Grace, Nadia, Carley, Brianna,  
Georgia, Sofia, and Alexandra**