

capsa

ABUSE ENDS HERE.

Help, Hope & Healing



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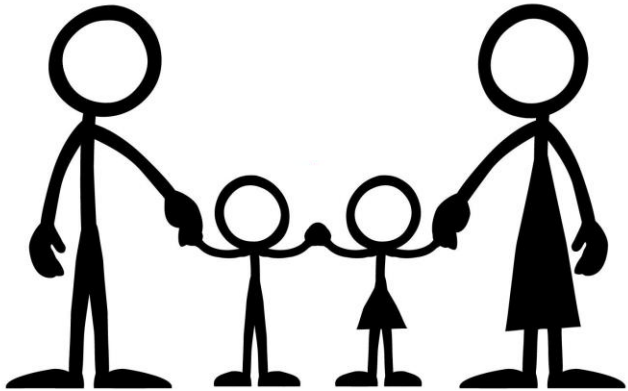
FREE and **CONFIDENTIAL**
services for individuals
impacted by domestic violence
and sexual assault.

- 24 Hour Live Support Line
- Mobile Crisis Team
- Emergency Shelter
- Transitional Housing
- Individual and Group Counseling
- Trauma Recovery
- Therapy Services
- Advocacy in Legal and Medical Procedures
- Protective Order Assistance
- Multilingual and Culturally Specific Services
- Prevention Education Presentations



Class Activity

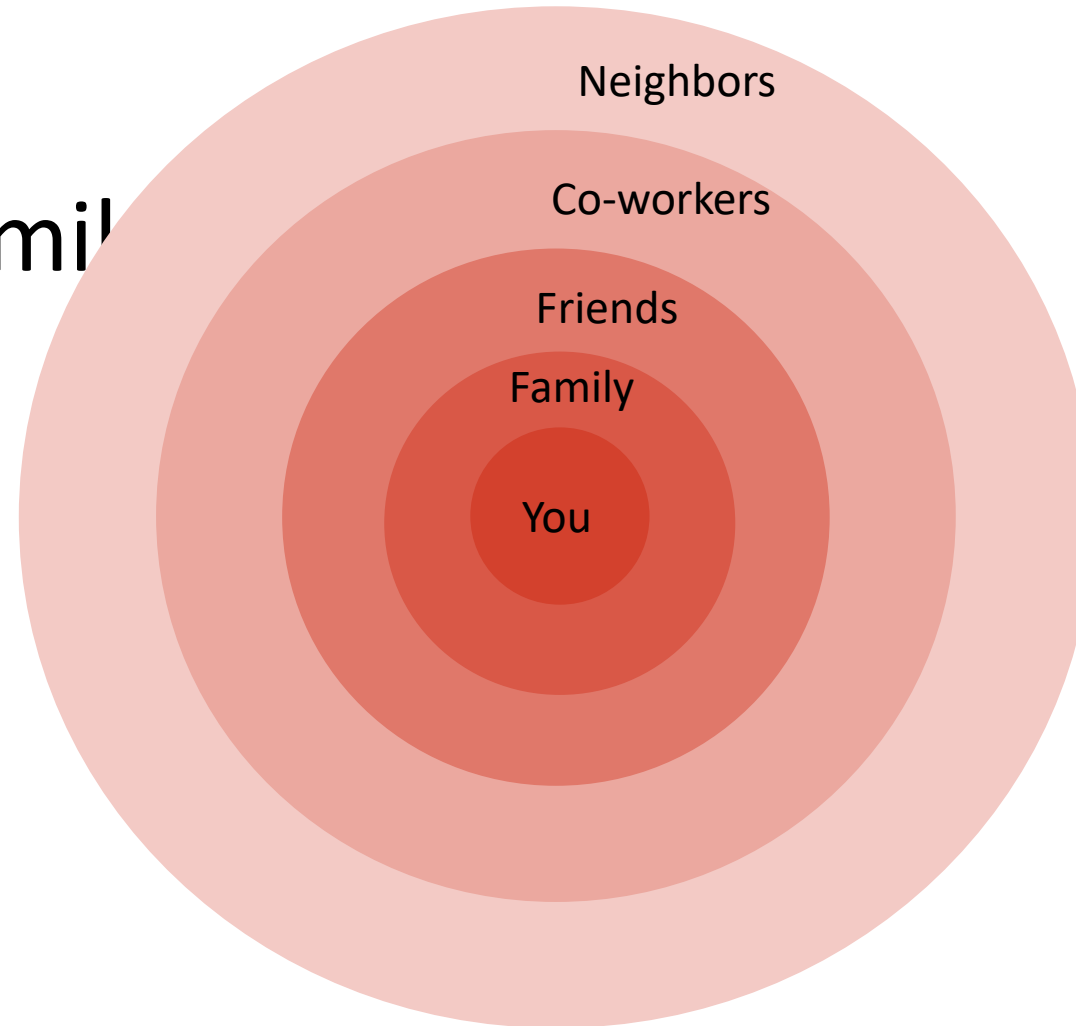
What is a relationship?

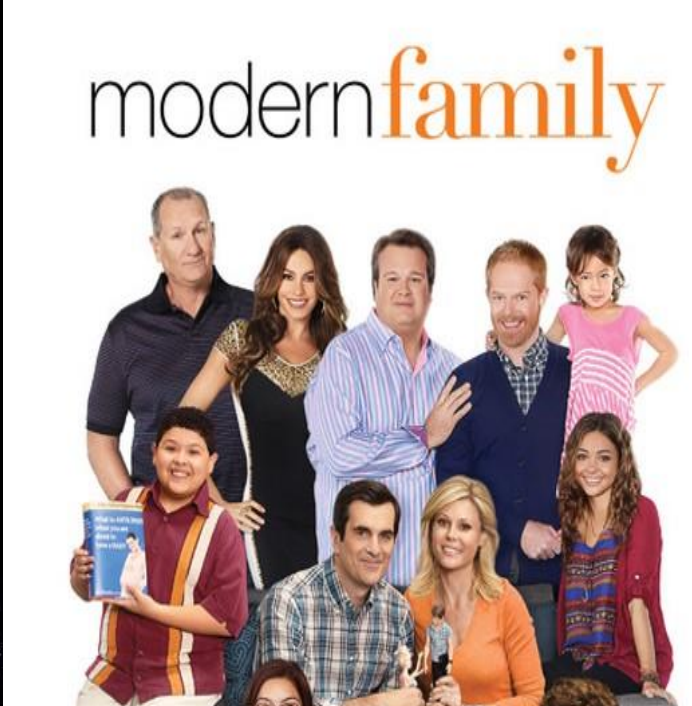


It's the way in which two or more concepts, objects, or people are connected.

What kind of relationships do you have in your life?

- Parents
- Friends
- Extended Family
- Neighbors
- Classmates
- Teammates
- Pets
- Co-workers





What Makes a Relationship Unhealthy?



Non-Verbal



Verbal



Emotional



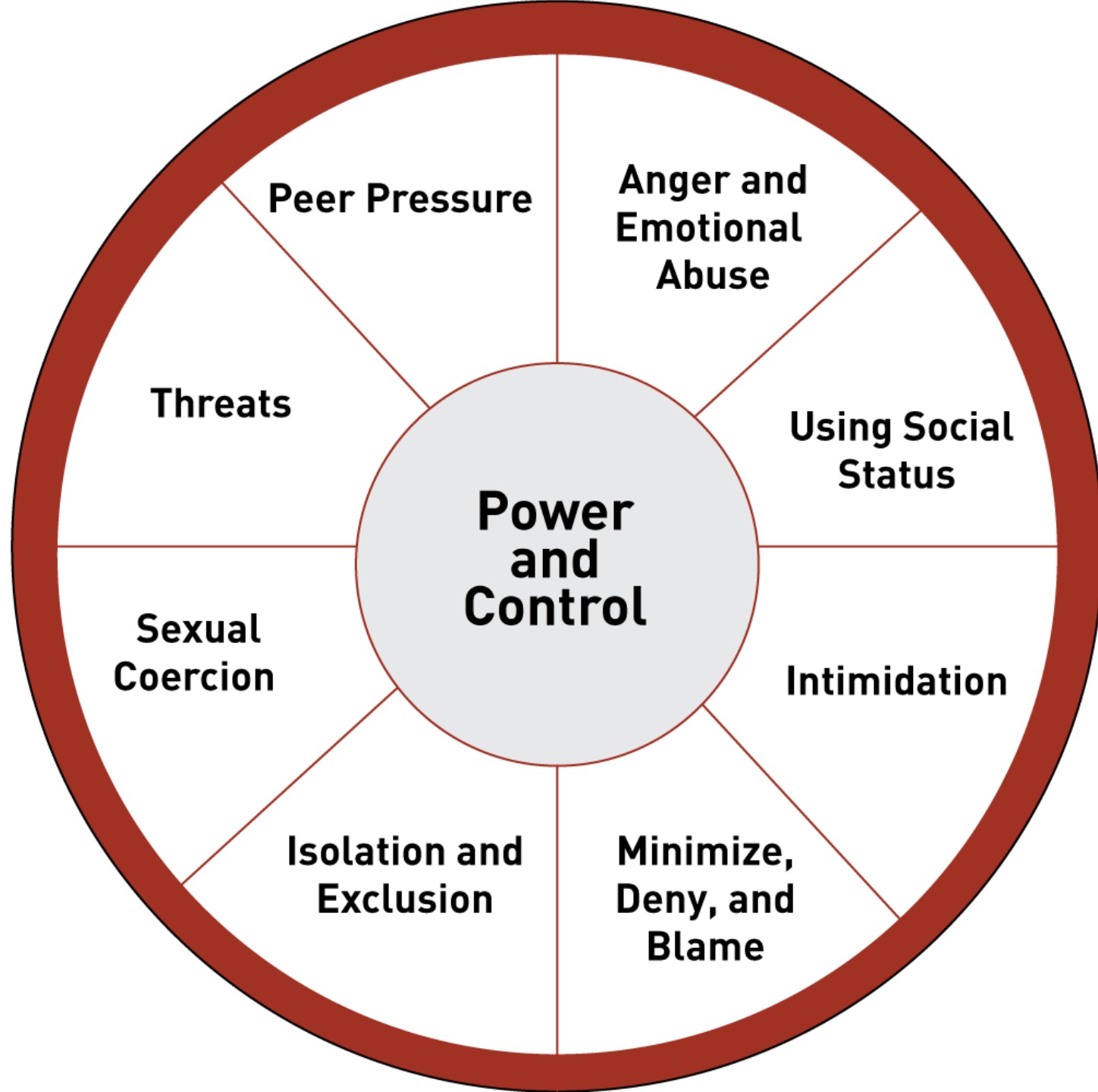
Physical

Any form of abuse makes a relationship unbalanced and unhealthy.











Warning Signs



- Had more friends before the relationship.
- More outgoing & involved before dating the other person.
- Frequently cries or is very sad.
- If partner calls or texts you must get back to them immediately.
- Told that he/she loved them early in the relationship
- Jealousy when partner casually looks or speaks to someone of the opposite sex.
- Accuses partner of behavior they don't actually engage in.
- Checking cell phone/Facebook behind your back or without permission
- Aggressive in other areas of their life- fists through walls, throws things, etc.
- Makes excuses for their poor behavior or blames their partner.
- Calls or texts many times in an hour- especially at ridiculous times.
- Partner is called demeaning names- then laughs & says they were kidding or they are being too sensitive.
- Critical of partners appearance, talents, or abilities.
- Partner has to explain themselves to their abuser and says they are sorry often
- Bruises they can't explain or are nervous about explaining.



What if you are
in an unhealthy
relationship?




Carl
&
Ellie






Local Zoologist Helps
Save Endangered Species



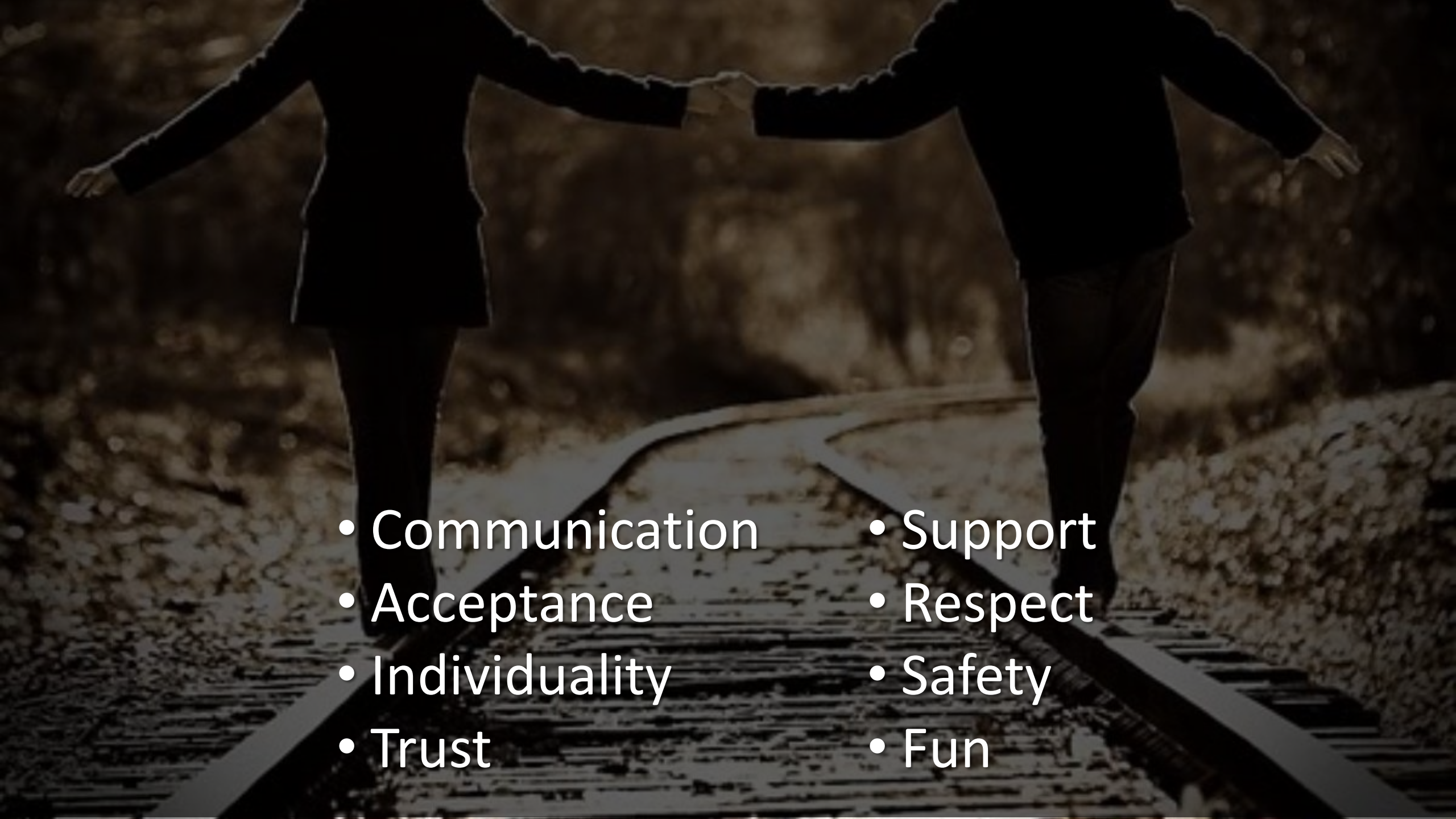
The following information is provided for your reference. It is not intended to be used as a substitute for professional advice. For more information, please contact the appropriate authorities.

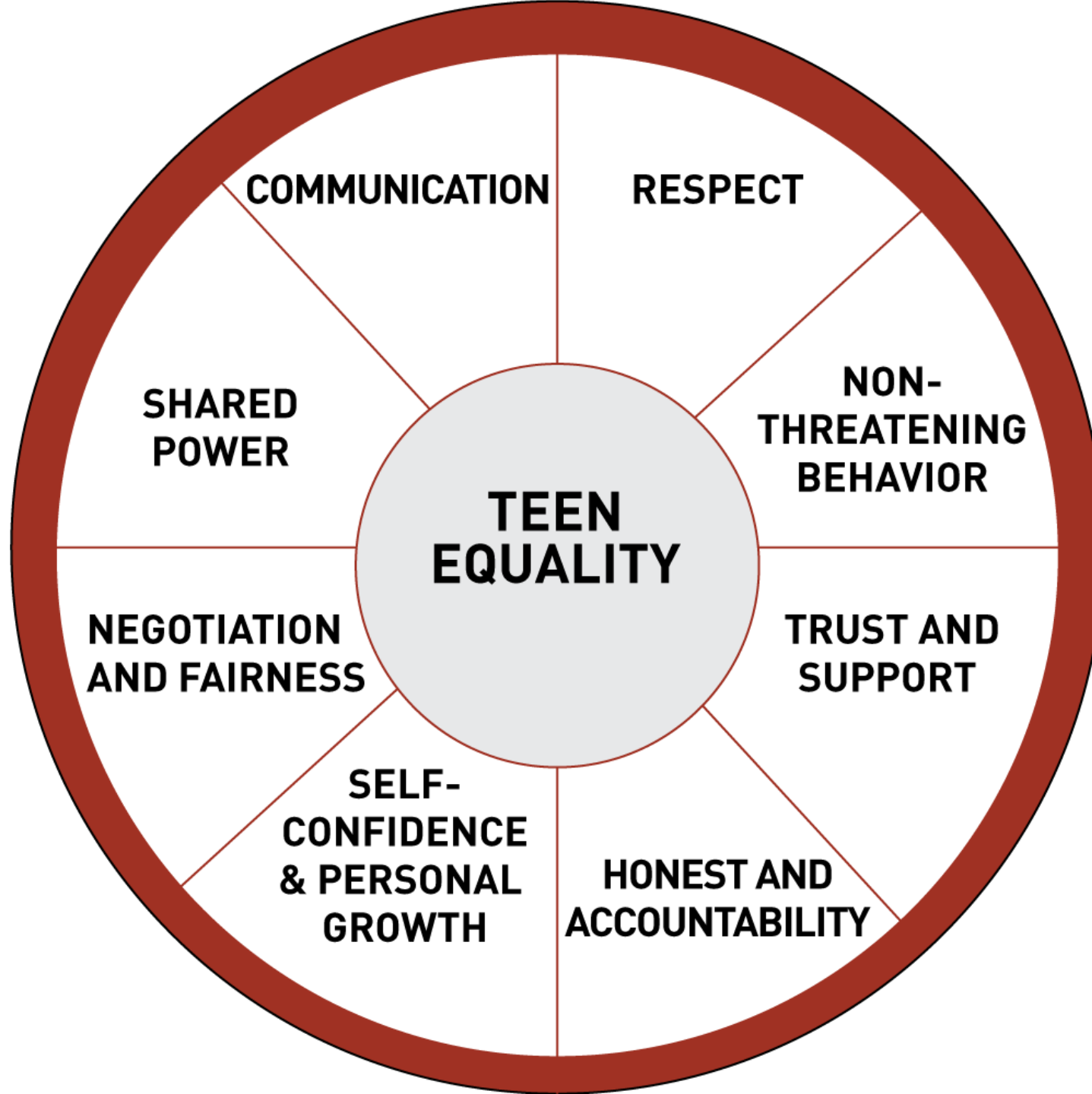
ISLAND

Auto repair
SPECIAL 10% OFF

A dark, moody photograph showing the silhouettes of a man and a woman walking away from the camera on a path. They are holding hands, and their arms are slightly outstretched. The path is made of wooden planks and leads into a blurred, natural setting. The overall tone is romantic and contemplative.

What should I look for in a partner?

- 
- The image shows the silhouettes of two people, likely a man and a woman, standing on a path that leads into the distance. They are holding hands, and their arms are slightly outstretched. The background is a soft, out-of-focus landscape, possibly a field or a park, with a path that curves away. The overall tone is dark and moody, with a focus on the connection between the two figures.
- Communication
 - Acceptance
 - Individuality
 - Trust
 - Support
 - Respect
 - Safety
 - Fun



Relationship Attachment Model

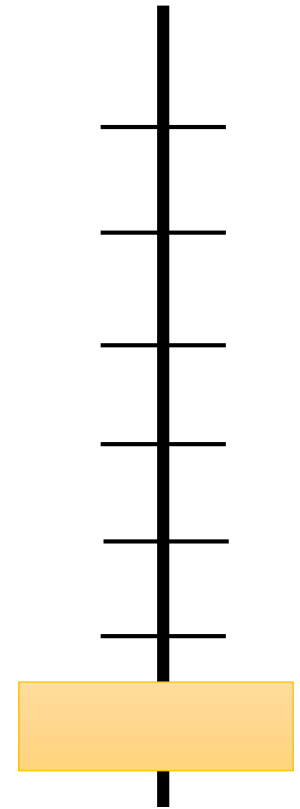
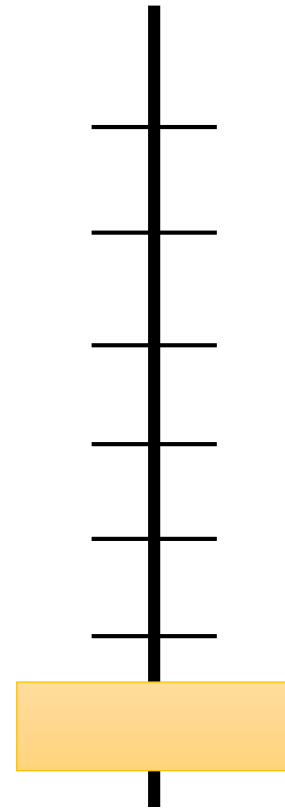
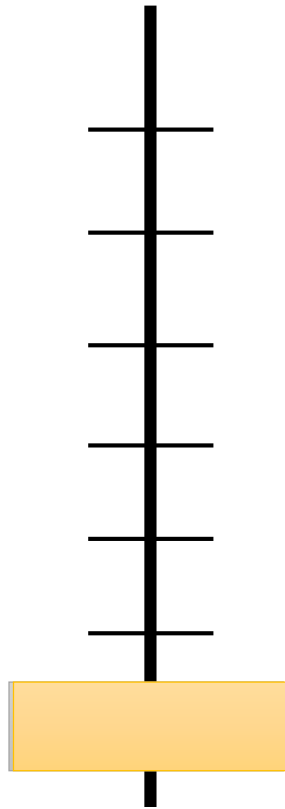
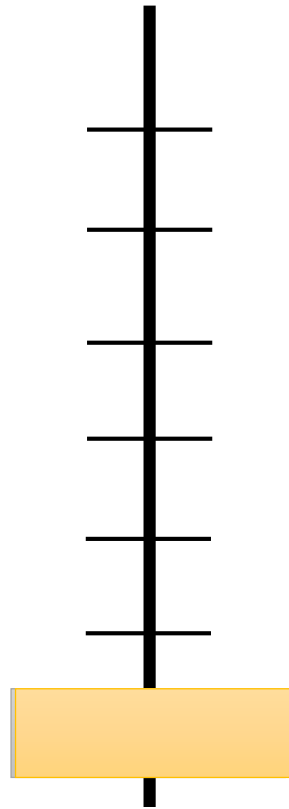
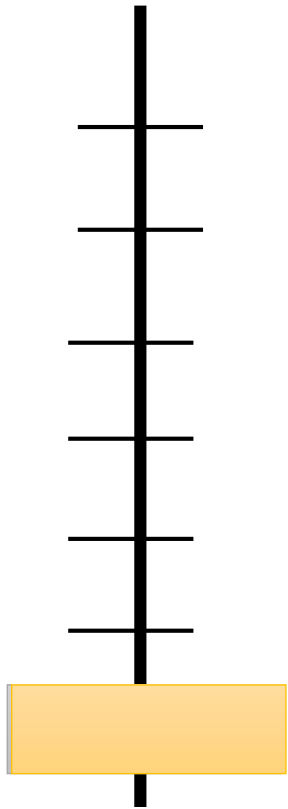
Know

Trust

Rely

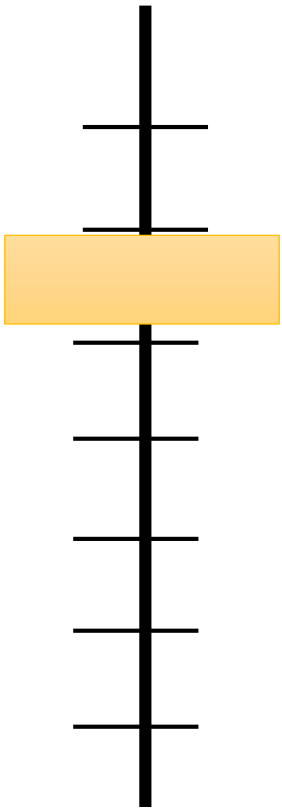
Commit

Touch

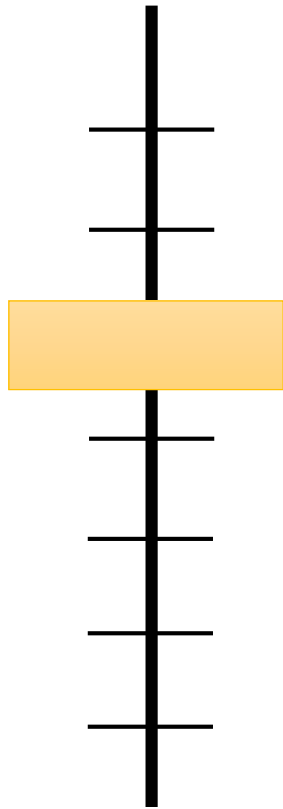


Relationship Attachment Model

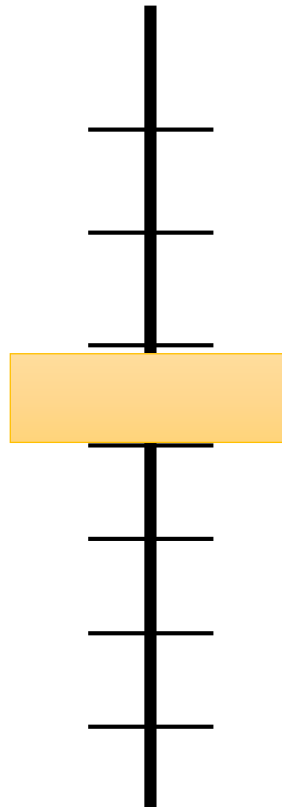
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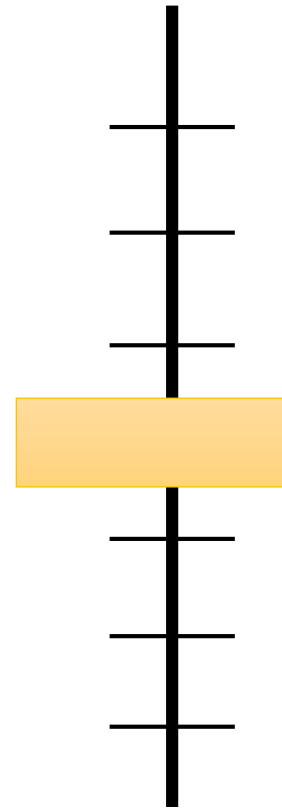
Trust



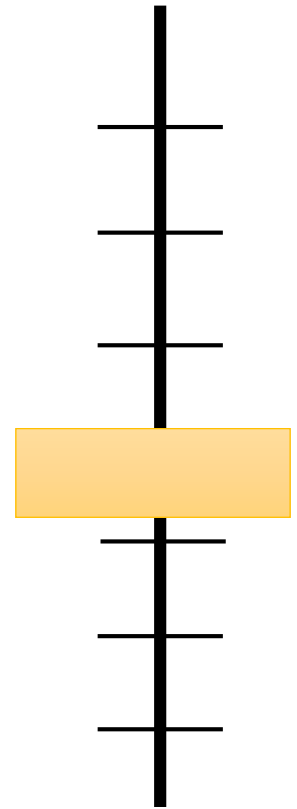
Rely



Commit

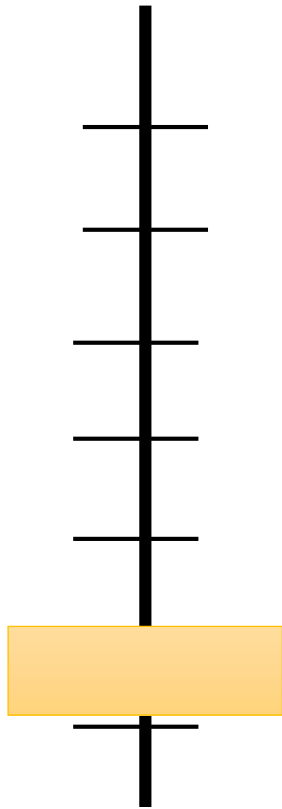


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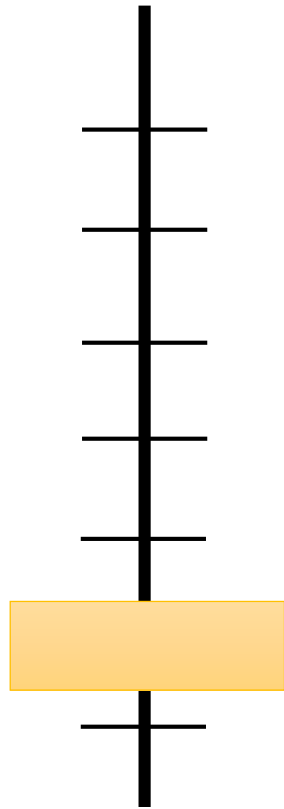


Relationship Attachment Model

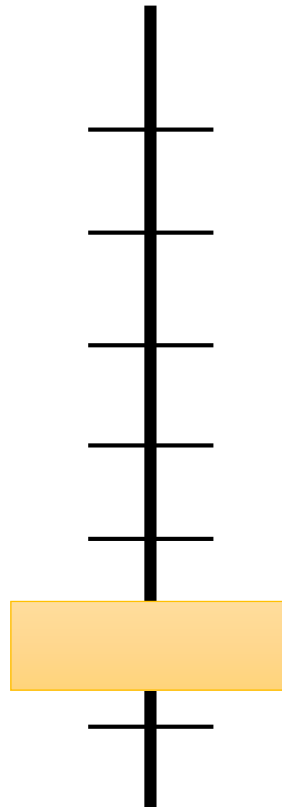
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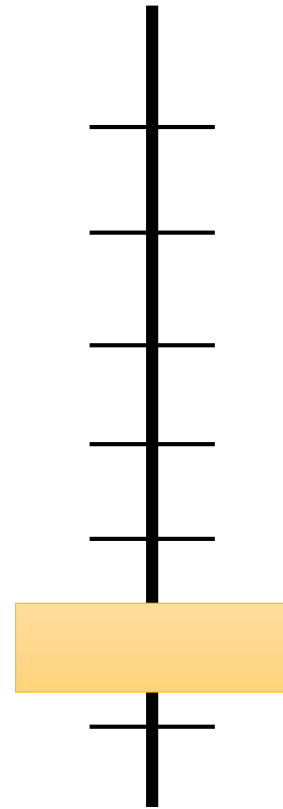
Trust



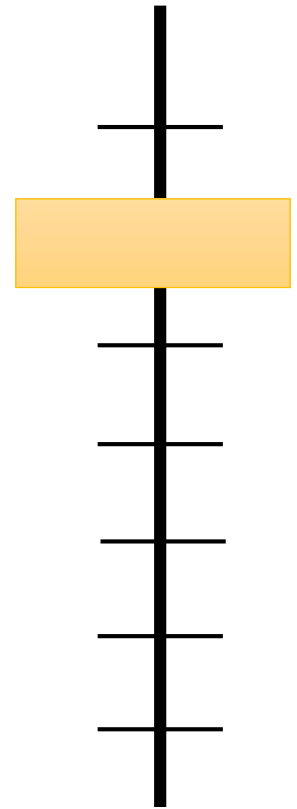
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Commit

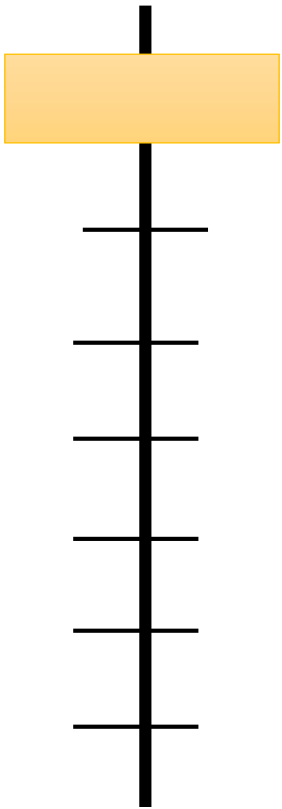


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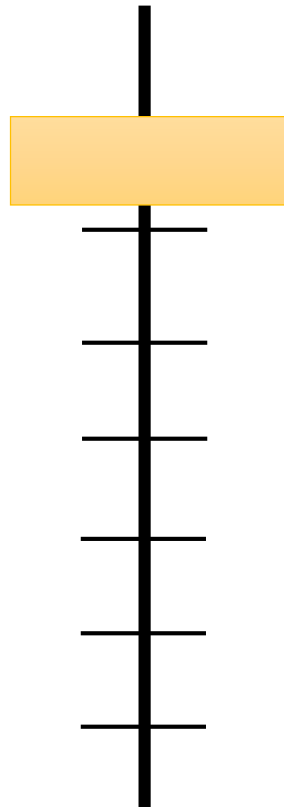


Relationship Attachment Model

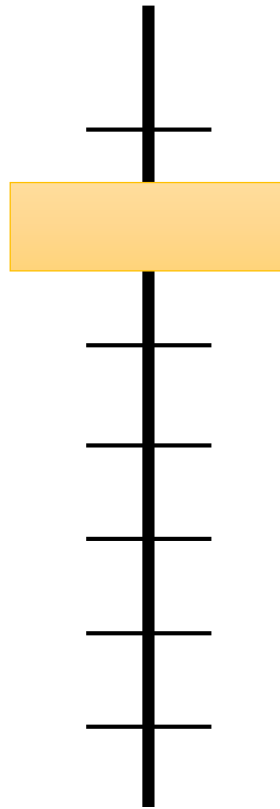
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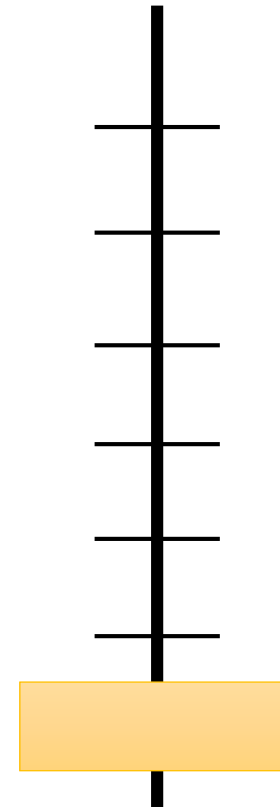
Trust



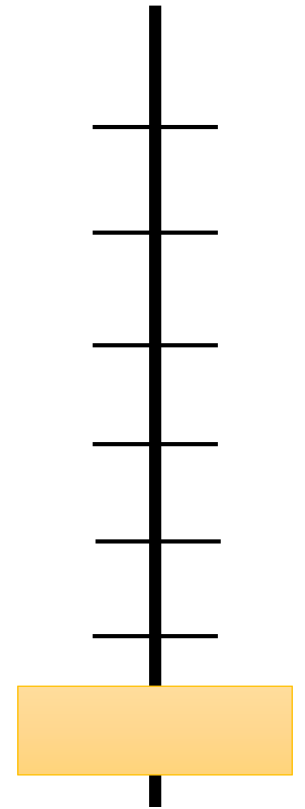
Rely



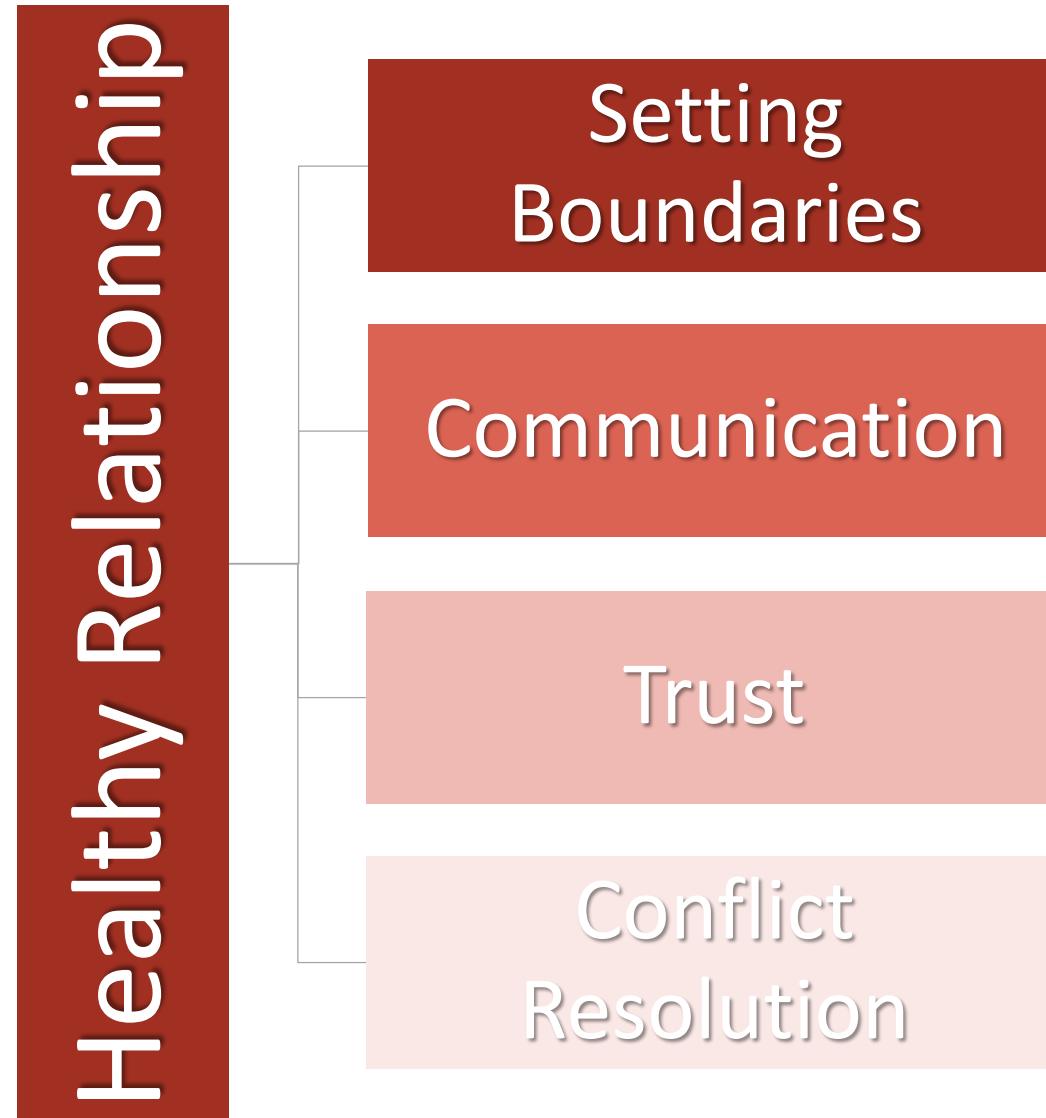
Commit



Touch



How to build healthy relationships



Setting Boundaries



- Establish your boundaries
- Take time apart
- Don't rush, until you are ready

Communication



Communication

- Find the right time
- Talk face to face
- Do not attack
- Be honest
- Check your body language
- Use the 48 hour rule



Conflict Resolution

Healthy Relationship

- Setting boundaries
- Find the real issue
- Agree to disagree
- Compromise when possible
- Consider everything

Unhealthy Relationship

- Personal attack
- Lower the other's self-esteem.
- Can't express yourself w/out fear



Bystander Intervention

Be Direct.

Be a Distraction.

Delegate to an adult.



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