



Do You Know Your Relationship Affects Your Health?

Taking Control



You are not alone. Talk to a health care provider about your options.

- + You can choose birth control that your sexual partner can't mess with (like an IUD, implant, or shot).
- + You can use emergency contraception up to five days after unprotected sex to help prevent pregnancy.
- + You can take medicine that may help prevent HIV if you think you are at risk.
- + You can ask your provider to tell your sexual partner about a sexually transmitted disease (STD) without using your name.
- + You can use your provider's phone to call for help if your partner checks your cell phone.

You deserve to make your own decisions without being afraid.

Helping others



Share this card with others who you care about. When people understand about unhealthy relationships, it can help them take steps to be safer.

You can make a difference in their lives.

For help 24 hours a day call:

SafeLink: Massachusetts Domestic Violence Hotline

1-877-785-2020 TTY 1-877-521-2601

www.casamyrna.org/safelink-home

National Teen Dating Abuse Helpline

1-866-331-9474

www.loveisrespect.org

National Sexual Assault Hotline

1-800-656-HOPE (1-800-656-4673)

www.rainn.org

Are you in a HEALTHY relationship?



ASK YOURSELF, DOES MY SEXUAL PARTNER:

- + Act kindly toward me?
- + Support my choices about having children?
- + Respect my choices?
- + Support me using birth control?

If you answered YES to these questions, these are some signs of a healthy relationship. Studies show that this kind of relationship leads to better health and longer life.

Are you in an UNHEALTHY relationship?



ASK YOURSELF, DOES MY SEXUAL PARTNER:

- + Tell me who I can talk to?
- + Mess with my birth control?
- + Pressure me to get pregnant?
- + Try to make me pregnant?
- + Refuse to use condoms?
- + Make me have sex when I don't want to?
- + Make me feel bad about myself?

If you answered YES to any of these questions, these are some signs of an unhealthy relationship. Your health and safety may be at risk.

Is your health being affected?



ASK YOURSELF, AM I AFRAID:

- + To ask my sexual partner to use condoms?
- + To tell my sexual partner that I am using birth control? Do I hide my birth control?
- + To tell my sexual partner that I have a sexually transmitted disease (STD) and they may need treatment?
- + That my sexual partner will hurt me?

If you answered YES to any of these questions, you may be at risk for HIV, sexually transmitted diseases, unwanted pregnancy, and harm.



Massachusetts
Department of
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