

What Help is Available?

If you decide to end an abusive relationship, it is important to plan a safe way to do it.

If you feel that your partner may try to harm you if you break up with them, consider the following:

- Trust your instincts; if you feel afraid there is probably a reason why.
- Break up in a public location and have your own transportation planned.
- Call or send a text; this may seem cruel, but it may be the safest way.
- Talk to a teacher, boss, friend, counselor, or trusted adult.
- Talk to a DVS advocate, **EVERYTHING** is confidential.

DVS IS SAFE AND CONFIDENTIAL

We can help you make a plan to safely end an abusive or unhealthy relationship.

If you are feeling unsafe, unhappy, or something doesn't feel right in your relationship and you have concerns, DVS has advocates available to help.

We serve all persons without regard to race, color, national origin, ethnic background, religion, gender, sexual orientation, age, socio-economic status or physical or mental abilities.

Advocacy Center Locations

Pendleton

Administrative Office
1103 SE Court Place
Mon-Fri ~ 8am-5pm

Milton-Freewater

722 S Main St
(City Hall Basement)
Call for appointment

Ione

365 W 3rd St
Call for appointment

541 - 276 - 3322

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Hermiston

1050 W Elm Ave, Suite 250
Mon-Fri ~ 8am-5pm

Boardman

200 City Center Circle
Call for appointment

541 - 567 - 0424

www.dvs-or.org



The Organization

Domestic Violence Services, Inc. (DVS)

is a non-profit agency that provides Emergency Services to victims of Domestic and Dating Violence, Sexual Assault, & Stalking and works toward ending this violence in the communities we serve. The service area is all of **Umatilla** and **Morrow** Counties.

IS YOUR RELATIONSHIP HEALTHY?

Domestic Violence Services, Inc.

*Serving Umatilla & Morrow
Counties Since 1977*



Safety, Help, & Hope

24 - HOUR CRISIS LINE
1 - 800 - 833 - 1161

Healthy Relationships

Relationships should bring joy and happiness to the people in them. Relationships should add to someone's life, not take away from their well being.

In healthy relationships people should feel safe to be themselves, have their own opinion, and express themselves without fear of humiliation, intimidation, or harm. It may not always be intentional, sometimes it can take work and practice to make a relationship safe and healthy.

Four things that must be present in the relationship for it to be healthy:

- **Boundaries**
- **Mutual Respect**
- **Communication**
- **Trust**

A relationship without these may be harmful.

Boundaries

Boundaries in a healthy relationship help both partners set expectations and limits for their own personal values and space.

Healthy partners will strive to follow the boundaries of their partner and will not try to pressure them to change their boundaries.

SETTING BOUNDARIES IS NOT SELFISH. It's Essential! Don't be afraid to let others know your boundaries and be firm about them.

Mutual Respect

Healthy partners show respect to each other through their words and actions. Instead of making choices to bring harm to their partner, they find ways to build their partner up.

When partners practice mutual respect, they show that they value their partner as a person and equal member of the relationship. They respect their feelings and opinions and finds ways to compromise in the face of conflict.

Communication

Healthy relationships have open and safe communication. This makes both partners feel safe to share their needs and concerns without fear.

Communication is the exchange of verbal and nonverbal messages. For these messages to be heard, partners must practice good listening skills. Partners must listen to concerns and take them seriously.

Trust

Trust is an important part of ANY relationship. A lack of trust leaves partners feeling unsure of their partner and the relationship.

To trust is to be able to believe the other person is going to do what they say they will, be faithful, and keep personal things private. Trust can grow over time. It is something that is earned. Once trust is broken, it can be difficult to repair.

When this happens partners have to make difficult decisions. What things are they willing to forgive? What things can they not let go? It may be that the relationship needs to end or be on a break until that trust can be rebuilt. It's possible that it can't be rebuilt.
