

BE THE
Power of

ONE

Direct ★ Distract ★ Delegate ★ Delay ★ Document

Healthy Relationships

Your partner respects you and your individuality.

You and your partner have equal say and set boundaries that are respected.

You can communicate your feelings without being afraid of negative consequences.

You and your partner discuss safe sex practices.

You feel safe being open and honest with your partner.

Your partner supports you and your decisions even if they disagree with you.

Your partner understands and respects your need to spend time with friends or family.

Your partner respects your name and pronouns.

Unhealthy Relationships

Your partner does not communicate with you.

Your partner disrespects and/or degrades you.

Your partner does not trust you - including around friends or family.

Your partner is dishonest with you.

Your partner controls your everyday life (i.e. who you see, talk to, where you go, etc.)

Your partner pressures you into activities.

Your partner isolates you from friends and family.

Your partner threatens to hurt you; or threatens you in any way.

**If you, or someone you know, is in an unhealthy relationship - contact the resources below for help.
We believe you and we are here for you.**

*June Anderson Center for Women
and Nontraditional Students*

615-898-5812

powerof1@mtsu.edu

330 Student Union Bldg.

MTSU Title IX Coordinator

Christy Sigler

615-898-2185

Christy.Sigler@mtsu.edu

116 Cope Administration Bldg.

*MTSU Office of Violence Against
Women Coordinator*

Danielle Bratton

615-898-8899

Danielle.Ostrander@mtsu.edu

MTSU Police Department

615-898-2424

Emergencies: 911

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mtsu.edu/powerof1

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