



DV NEWS

A Newsletter of the Domestic Violence Program

of

**Catholic Charities
of Delaware, Otsego and Schoharie Counties**

Healthy vs. Non-Healthy Relationships

When it comes to relationships, it may be hard to understand the difference between healthy and non-healthy relationships. Some unhealthy/abusive relationships will contain elements that might not seem overtly criminal. Below are some examples of healthy vs. unhealthy...

What does an unhealthy/abusive relationship look like?

There are early warning signs that a person may be in an unhealthy relationship. Some of the warning signs include:

- Controlling the accounts. The abusive partner may demand access to social media accounts, bank accounts, and other account information so they are able to log in whenever they would like without permission. On social media accounts the abusive partner dictates who their partner can be friends with on their accounts, who they can follow, what pictures they can like, etc. They may also control what they spend their money on and they may demand that their partner give them their money.
- Controlling who their partner talks to or hangs out with. They may tell their partner not to talk certain people anymore or even hangout with them. They may even control who they talk to in their own family.
- Constant messaging. The abusive partner may message their partner while they are busy at work, and if they do not respond fast enough they may continue sending several messages to them at once and get mad that they not being responded to even though they know their partner is at work and can't reply.

What does a healthy relationship look like?

There are also signs that a relationship is in fact healthy. Some signs of a healthy relationship include:

- Having communication with each other. When the partners get into an argument with each other they talk things out instead of blowing up or giving the silent treatment.
- Respecting each other. The partners respect the decisions being made and do not try to use guilt to influence different decisions. The partners also respect each other's desired goals in life and any cultural beliefs they may have.
- Giving each other space. In the relationship both partners give each other time apart from one another. They go out with their own friends and/or family and do not 'blow up' each other's phones, demanding details on where they are or who they are with.

Why is it so difficult for some people to leave?

Leaving an abusive relationship may be harder than you think. When someone tries to leave an abusive relationship they may think of the "What ifs" and all of the possibilities that can happen when trying to leave. If there are children involved it may make the victim feel more worried about leaving. Some people believe that it is more beneficial to stay in the abusive household so the kids can have both parents living with them and it will make them less upset. Survivors may feel like if they leave the abusive household their children may start lacking in school and interfere with their mental health. They may fear that their bank accounts will be drained if the abusive partner has access to their accounts. If the abuser takes out all of the survivor's money, the survivor will have no money to support themselves such as for food/shelter etc. Also, if they may have been told by their partner that if they take them to court to get relief no one would believe them. Leaving the abusive relationship is very difficult for some survivors because they might not have anyone to go to. The abusive partner frequently isolates survivors so much that they have no outside resources once they leave.

Resources:

518-234-2231 Domestic Violence Crisis Hotline

518-346-2266 Rape Crisis 24-Hour Hotline

National Domestic Violence Hotline: 1-800-799-SAFE (7233) | 1-800-787-3224 [TTY]

RAINN: National Sexual Assault Hotline: 1-800-656-HOPE (4673)



Domestic Violence Program

489 West Main Street
Cobleskill, NY 12043

Phone: 518-234-3581
Fax: 518-234-8423

**24 Hour Crisis Hotline:
(518) 234-2231**

Collect Calls Accepted



CharitiesCCDOS.org
SCDVInfo.org



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@SCDVInfo



@CharitiesDOS

A dark blue background with a pattern of white and light blue snowflakes and stars. The snowflakes are of various sizes and are scattered across the scene, creating a festive winter atmosphere. The stars are small and bright, adding to the overall glow.

*Helping Survivors of Domestic Violence
during the Holidays*

*Here at Catholic Charities we have
several domestic violence advocates that
are here to help you! You can reach us
by contacting our 24-hour hotline at
(518)234-2231*

*The holidays can be hard,
but you are not alone*