

WHY IT'S IMPORTANT

According to the National Domestic Violence Hotline:



Over half of all college students (57%) say it's difficult to identify dating abuse.



58% of college students say they don't know what to do to help someone who is a victim of dating abuse.



38% of college students say they don't know how to get help for themselves if they experience dating abuse as a victim.

HOW TO HELP OTHERS

Be an active bystander and step in to help:



1. Learn about and recognize the signs of unhealthy relationship habits
2. Educate others and encourage them to shift to healthier relationship habits
3. Reach out for help if a situation feels uncomfortable or unsafe

RESOURCES

On-Campus Reporting:

Scan the QR Code Below to Submit an Online Report:



Or Submit a Walk-In Report at:
Center for Compliance, Accessibility, Resources & Education (CARE)
Located in Friedley Hall
Monday - Friday 8am-5pm

On-Campus Confidential Support Services:

Counseling Center - counseling@tiffin.edu
Health Center - healthcenter@tiffin.edu

Community Resources:

The Cocoon - Shelter & Advocacy Services
419-373-1730 (24/7 Hotline)
<https://thecocoon.org/>

Seneca County Victim Assistance Program
419-448-5070

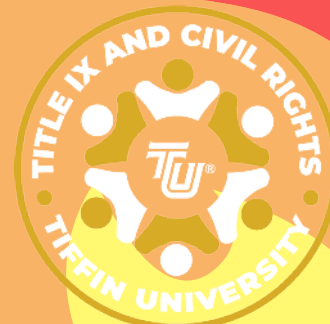
For Emergencies Dial 911 or Call Campus Security at 419-934-0721

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HEALTHY VS.
UNHEALTHY
RELATIONSHIP
HABITS

Adapted from joinonelove.org



COMFORTABLE PACE

The relationship moves at a speed that feels enjoyable for each person.

1

A healthy relationship does not mean a "perfect" relationship. No one is healthy 100% of the time, but everyone should strive to engage in these habits for all of their relationships.

EQUALITY

The relationship feels balanced and everyone puts the same effort into its success.

6

TRUST

Confidence that each person won't do anything to hurt one another or ruin the relationship.

2

KINDNESS

Each person is caring and empathetic to one another, and provides comfort and support.

7

HONESTY

Each person can be truthful and candid without fearing how one another will respond.

3

FUN

Each person enjoys spending time together and brings out the best in one another.

8

INDEPENDENCE

Each person has space to be themselves outside of the relationship.

4

HEALTHY CONFLICT

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.

9

RESPECT

Each person values one another's beliefs and opinions, and loves one another for who they are.

5

Fuel the spark of a new relationship by engaging in healthy relationship habits.

TAKING RESPONSIBILITY

Each person owns their actions by not placing blame and admitting when they make a mistake.

10

NEW FLAME?

INTENSITY

When someone rushes the pace of the relationship, coming on too strong, too fast.

1

Prevent a new relationship from going up in smoke by recognizing unhealthy habits and shifting to healthier behaviors.

BELITTLING

When someone does and says things to make someone else feel bad about themselves.

6

POSSESSIVENESS

When someone is jealous to a point where they try to control how others spend their time.

2

GUILTING

When someone makes another person feel responsible for their actions.

7

MANIPULATION

When someone tries to control another person's decisions, actions or emotions.

3

VOLATILITY

When someone has a strong, unpredictable reaction that makes others feel scared.

8

ISOLATION

When someone keeps another person away from friends, family, or other people.

4

BETRAYAL

When someone is disloyal or acts in an intentionally dishonest way.

9

SABOTAGE

When someone purposely ruins another person's reputation, achievements, or success.

5

If someone notices unhealthy habits in a relationship, it is important to not ignore those signs and to reach out for help.

DEFLECTING RESPONSIBILITY

When someone repeatedly makes excuses for their unhealthy behavior.

10

