



FOR IMMEDIATE RELEASE

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HEALTHY RELATIONSHIPS

Jefferson, NC – In A Safe Home for Everyone’s continuing effort to promote healthy relationships in dating, marriages and cohabitation and with Valentine’s Day approaching, we would like to outline some components of healthy relationships from the Sexual Health Centre Saskatoon:

- **Respect** – Listening to one another, valuing each other’s opinions, and listening in a nonjudgmental manner.
- **Trust and Support** – Supporting each other’s goals in life, and respecting each other’s right to his/her own feelings, opinions, friends, activities and interest. Valuing one another as an individual.
- **Honesty and Accountability** – Communicating openly and truthfully, admitting mistakes or being wrong, acknowledging past use of violence or intimidation, and accepting responsibility for one’s self.
- **Shared Responsibility** – Making family/relationship decisions together, mutually agreeing on a distribution of work that is fair to both partners. If parents, sharing the parental responsibilities and acts as positive, non-violent role models for the children.
- **Economic Partnership** – In marriage or cohabitation, making financial decisions together, and making sure both partners benefit from financial arrangements.
- **Negotiation and Fairness** – Being willing to compromise, accepting change, and seeking mutually satisfying solutions to conflict.
- **Non-threatening Behavior** – Talking and acting in a way that promotes both partners’ feelings of safety in the relationship. Both should feel comfortable and safe in expressing him/herself and engaging in activities.

If you feel that a number of these elements are missing from your relationship, and may in fact, be just the opposite of what is described, please call the A.S.H.E. crisis line at (336) 246-5430. For more information about A Safe Home for Everyone’s services call (336) 982-8851.





A Safe Home for Everyone is a domestic violence and sexual assault prevention and awareness program that provides services and support for victims of family violence. The program offers 24-hour crisis assistance, shelter for families in crisis, court advocacy and accompaniment, survivor support groups, educational programs and training, and the Threads of Hope thrift store.

A.S.H.E. is a program of Ashe County Partnership for Children. The Partnership is a non-profit organization that provides programs and services for families and children in Ashe County. They fund or directly run various programs such as: Smart Start programs to benefit children ages birth through five and their families; Domestic Violence and Sexual Assault prevention and awareness services; and Family Support Services offering parenting support and a play room open to the public. For more information about Ashe County Partnership for Children call (336) 982-4588 or visit www.ashechildren.org.

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