

Locations

For more information about services offered at The Center, please call any of our locations or visit our website.

KENTUCKY

Kentucky Campus

Open 24 Hours

P.O. Box 2048

Louisville, KY

(502) 581-7222 Domestic Violence Crisis Line

(502) 581-7242 TDD

West Louisville Campus

(502) 775-6408

Bullitt County Services

(502) 538-0212

Shelby County Area Services

(502) 633-7800

INDIANA

Southern Indiana Campus

Open 24 Hours

New Albany, IN

(812) 944-6743 Crisis Line

Corydon Office

(812) 734-0280

Marengo Office

(812) 365-2338

Scottsburg Office

(812) 752-7996



(877) 803-7577

Toll Free Crisis Line • 24 Hours

www.thecenteronline.org

The Center for Women and Families is committed to creating an environment in which diversity is valued and assures no person shall be excluded from participation in, denied the benefits of, subjected to discrimination under, or denied employment on the basis of race, religion, sex, national origin, sexual orientation, gender identity, age, handicap, disability, veteran status, familial status, or political opinion.

Our programs are funded in part by the following: Kentucky Domestic Violence Association, Kentucky Association of Sexual Assault Programs, Kentucky Housing Corporation, Metro Louisville, Metro United Way, United Way of Scott County, Inc., U.S. Department of Housing and Urban Development, and many more federal, regional and local sources. Please review our most recent annual report at www.thecenteronline.org for a complete list of our funders.

Healthy Relationships



“I fell in love with my partner fast. Everything seemed perfect. Then I was criticized for the clothes that I wore, the way I did my hair, my friends were suddenly “off limits”. It seemed like every part of my life was being controlled, all in the name of love. I started to figure out that this was not the kind of relationship I wanted.”



“My father used to smack my mother around, so when my partner started doing it to me I didn’t really think it was unusual.

The violence continued and I called for help. It was at The Center that I realized that all my previous relationships had been unhealthy and I needed to feel good about me before I got into another relationship.”

Information from



THE
CENTER
FOR
WOMEN
AND
FAMILIES

Recognizing Healthy Relationships

To avoid abusive relationships, you need to be able to recognize a healthy one.

Look for the following qualities in your relationship:

- It means being friends as well as lovers.
- It allows both partners their privacy.
- It means not making a long-term commitment before both partners are ready.
- It means not rushing into a relationship before getting to know one another.
- It allows both partners their own ideas and opinions.
- It means equality between partners and sharing of responsibilities and decisionmaking.
- It allows partners equal sharing of power; neither one has authority over the other.
- It means being an individual, as well as a couple.
- It allows two people with high self-esteem to respect and like themselves and each other.
- It means not expecting the other to be perfect, or to meet stereotyped ideas of roles in life.
- It means breaking up is not the end of the world.

Guidelines for Developing Relationships

Love yourself before you fall in love with someone else.

Some people mistakenly believe they are nothing without being in a relationship with someone else.

Learning to like and value yourself includes:

- Ability to enjoy your own company.
- Thinking highly of yourself – looking positively at your body, mind and capabilities.
- Establishing your own belief and value systems.
- Feeling OK about not being involved in a relationship.
- Having goals in life, and not allowing anyone to be an obstacle in achieving them.

If you can do all of this, you are a complete person, with high self-esteem. Someone with high self-esteem is less likely to let themselves be abused or mistreated.



Know your rights in a relationship and stand up for them. These rights include:

- Not being physically harmed by your partner.
- Not being verbally abused, called names or criticized.
- Not being forced into sex.
- Having your own interests and friendships.
- Having your wants and needs be considered as important as those of your partner.
- Developing your potential through personal growth experiences.
- Being responsible for your behavior, not that of your partner's.
- Expecting to resolve differences through negotiation, not intimidation or threats.



Handling Anger

Partners in a healthy relationship learn to deal with their anger in positive ways that do not hurt the other person verbally, emotionally, sexually, or physically.

Suggestions for healthy ways of handling anger:

- Learn your own warning signals of anger: fist-clenching, teeth-gritting, headache, stomachache. Take action before it's too late.
- Walk away until you have calmed down.
- Count to twenty.
- Go yell, preferably away from your partner.
- Talk it over with someone you trust.
- Exercise, release the pent-up energy caused by anger.

Take It Slowly in Any Relationship

Get to know the other person well. • Find out how they deal with stress and conflict. • Find out how they express their feelings, particularly anger. • Discuss what you both want in the future – careers, children, division of household labor, etc. • Discuss how the finances will be handled. • Trust your feelings.

If it doesn't feel right, it isn't.