

Utah Domestic Violence Coalition

Advocate • Collaborate • Educate

OUTreach Resource Centers is a non-profit collection of LGBTQ+ youth resource centers dedicated to transforming communities and saving lives through comprehensive programming, community advocacy, and training designed to promote positive outcomes for underserved populations.

For more information:
OUTreachResourceCenters.org

Utah Domestic Violence Coalition is a non-profit organization committed to creating a state where domestic and sexual violence are intolerable.

For more information:
udvc.org

Additional Resources

Utah Domestic Violence Hotline/LINKLine

In addition to connecting LGBTQ individuals with basic services, the confidential, 24-hour LINKLine can also connect individuals with a culturally responsive advocate.
1-800-897-LINK (5465)

National Domestic Violence Hotline

1-800-799-SAFE (7233)

If you or someone else is in immediate danger, call 9-1-1 immediately

For more information on safety planning and assistance creating a safety plan, visit:
udvc.org

OUTreachResourceCenters.org has many resources for LGBTQ+ survivors, including support groups. Please visit our website to learn more.



Healthy LGBTQ+ relationships

A healthy relationship guide for
LGBTQ+ people



Why are healthy relationships important?

We seek relationships with people for a number of reasons. Emotional connection and attachment are important part of our lives. It is crucial to have healthy relationships in all aspects of your life, including:

- Coworkers
- Spouses
- Dating partners
- Friends
- Family members

What do healthy relationships look like?

The first step in creating healthy relationships, is understanding what goes into a healthy relationship. Here are some characteristics of a healthy relationship:

- **Respect** – Using appropriate language and not demeaning the other person. Also, consent matters.
- **Safety** – Feeling safe around the other person
- **Support** – Feeling like you can share your feelings and they are cared about
- **Individually** – Remain autonomous and independent
- **Equality** – Treated equally, no one is pushed down
- **Acceptance** – Recognize and respect each other's differences
- **Trust** – Loyal and reliable
- **Communication** – Being honest and listening to each other

What are signs of unhealthy relationships?

Sometimes unhealthy behaviors can seem romantic or even healthy. However, many of these behaviors are harmful and unhealthy. Here are a few:

- **Jealousy** – Does not like for you to hang out with other people, says they miss you constantly, and gets upset when you spend time with others
- **Harassment** – Calls/texts/messages you constantly. Checks your emails, messages and may read your journal
- **Insults** – Belittles, insults, or embarrasses you in front of others
- **Criticism** – Criticizes your hobbies, friends, family, what you wear, and things you like
- **Threats** – Threatens to hurt themselves, you, or to commit suicide

"It felt really good to be in a relationship that was not one-sided." —Anonymous

Intimate partner violence is a pattern of behaviors that are used to gain control and power over someone and it can affect anyone and everyone. People from any race, class, gender identity, age, sexual orientation, religion, or status can be affected. It is not always easy to recognize intimate partner violence and abusive behaviors, however knowing some of the warning signs can help save yourself or someone you care about. Remember, it is not your fault for being abused.

Tips for healthy relationships

There are many things you can do to help keep y and the people you care for, safe. Healthy relationships are beneficial for everyone that is involved. Here are some tips to make sure your relationships are healthy:

- **Boundaries** – Boundaries are a healthy way to set limits on things that you are comfortable doing. Setting boundaries c be as easy as learning to say “no”. Remember, your comfort matters.
- **Listen** – Listen when someone talks to you. You may not need to give specific advice, but be there for them
- **Autonomy** – It's important for you and the people you care about to have autonomy. They should be able to make decisions without being pressured. This includes drug and alcohol use.
- **Independence** – Being able to do thing on your own and make your own decisions is important for a healthy relationship

There are many ways to have healthy relationship Make sure to seek out knowledge and talk to the people you care about.

Contact Us

OUTreach Resource Centers
2760 Adams Ave
Ogden, UT 84403

801.331.5820
Anna@OUTreachResourceCenters.org

Visit us on the Web:
OUTreachResourceCenters.org