

TAKE 5

DEVELOP SKILLS FOR POSITIVE LIVING

February, 2023

A VIRTUAL HELPING TOOL
FROM ARCC COUNSELING

MONTHLY NEWSLETTER

TOPIC: HEALTHY RELATIONSHIPS

HEALTHY RELATIONSHIP QUIZ:

By StrongHearts Native Helpline



**CHECK TO SEE IF YOUR RELATIONSHIP IS
HEALTHY OR NOT.**

POWER AND CONTROL

These wheels act as diagrams for tactics used by abusive partners and one shows partner equality

- [Power and Control Wheel](#)
- [LGBT Power and Control Wheel](#)
- [Equality Wheel](#)

VIDEO:

12 SIGNS YOU'RE IN A HEALTHY RELATIONSHIP



FACTS

- ✓ 1 in every 6 American women has been the victim of an attempted or completed rape in her lifetime.
- ✓ About 3% of American men—or 1 in 33—have experienced an attempted or completed rape in their lifetime.
- ✓ Transgender students are at higher risk for sexual violence

THE RELATIONSHIP SPECTRUM

All relationships exist on a spectrum from healthy to abusive, with unhealthy in between.



Check out this brief [article](#) from the National Domestic Hotline for details about each of these areas.



ELECTRONIC AGGRESSION

Technology plays an important role in intimate relationships and can increase the risk of violence.

Check out this article about [Electronic Aggression and Teen Dating Violence](#). The article discusses cyberbullying, sexting and dating violence through electronic methods.

Facts:

- 9.6 percent of youth reported they had appeared in, created, or received sexually explicit images.
- 2.5 percent reported they had created or appeared in images.
- A quarter of youth who appeared in or created sexually explicit images or received images reported feeling very or extremely embarrassed, afraid, or upset.



EVENT

Take 5 for Healthy Relationships

Noah Shepard from [Alexandra House](#) will be presenting to the ARCC campus about healthy relationships. Join us to learn about topics like red flags, boundaries and consent. Participants will learn to recognize characteristics of unhealthy relationships and increase awareness of resources.

When: Thursday, February 16 at 11AM

Where: Zoom. Click [HERE](#) to Register

Are you a good friend? How do you know? What even is your definition of 'friend'? Is it different than 'acquaintance'?

What are the parts of a 'healthy relationship' – with friends, family, yourself, and others? What are you doing or not doing to foster that healthiness?

Bridges help us get from one place to another safely and (sometimes) more quickly. What are the bridges you've been building for your relationships? When do you know it's time to build different or more bridges, and when it's time to do some maintenance on a well-used bridge; ... or when it's time to not pass over a bridge for a while... or ever again?

BRIDGES at ARCC is how we are striving to be in relationship – healthy relationship – with our employees, students, and community members. How many BRIDGES have you built today?



Brandyn Woodard, ARCC Vice President of Equity and Inclusion



ARCC Counseling
Services:

For appointments
click [HERE](#) or Call
763-433-1100

For non-emergency
questions email:

Counseling@anokaramsey.edu

RESOURCE CORNER

- **[Alexandra House](#)**: provides domestic, sexual, and relationship violence services to women, men, youth and families. Comprehensive services are free-of-charge and include 24-hour emergency shelter.
- **[Domestic Violence Abuse Hotline](#)**: provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.
- **[Love is Respect](#)**: A national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.
- **[Psychology Today](#)**: Find a therapist near you. Filter by insurance, specialty areas, preferred therapist gender and more. Read a bio to learn about them before you pick one!
- **[Crisis Text Line](#)**: Text MN to 741741 for 24-hour crisis support.
- **[988 Suicide and Crisis lifeline](#)**: Text, chat or call 988 for help with emotional or substance use concerns.

TAKE5