

SAFE SPACE

July Newsletter, 2014

Promoting Healthy Relationships

What is a healthy relationship? To understand what is a healthy relationship, it is often helpful to examine what is not a healthy relationship. A relationship that is built on power and control is not healthy, and this need for power and control is often seen as abusive behaviors. On the other hand, a healthy relationship is based on equality. Equality in a healthy relationship can be achieved by communicating with your partner in a respectful, honest, and supportive way. In a relationship, talking about your needs or your feelings encourages your partner to understand you as an individual and as a partner. By keeping the lines of communication open, you are allowing your

partner to feel comfortable sharing intimate thoughts and feelings as well. Further, open communication in a healthy relationship encourages fairness, trust, negotiation, accountability, shared responsibility, and non-threatening behavior. Another important aspect in a healthy relationship is maintaining appropriate boundaries. By setting boundaries together, you and your partner can be sure you understand the type of relationship you want to share. Additionally, boundaries help to ensure that the privacy of each partner is respected. You should not have to feel restricted from seeing your friends with or without your partner, participating in hobbies,

having your own likes or dislikes, keeping your passwords private, or enjoying time by yourself or away from your partner. Creating boundaries is not a sign of distrust or secrecy. Instead, creating boundaries allows you to continue to be the unique and important individual you are. These boundaries maintain equality in a relationship by not allowing one partner to exercise power and control over another partner. When you are able to communicate openly and maintain healthy boundaries in a relationship, both partners will feel more comfortable, understood, and satisfied.

<http://www.loveisrespect.org/dating-basics/healthy-relationships>



Safe Space, Inc.
P.O. Box 594
Butte, MT 59703
(406) 782-9807

SHELTER

24 hr. crisis line
(406) 782-8511

ADVOCACY

An advocate can help with:

- * Locating financial resources
- * Court accompaniment
- * Brainstorming plans for getting away

SAFETY

If you feel unsafe in your home but are not quite ready to leave, call us to discuss safety planning options that might keep you safe until you are ready. Crisis line is available 24 hours/day!

Enjoy Your Relationship This Summer

Looking for fun new ways to enjoy your healthy relationship? Here are some ideas!

Watch the sunset together. Park at a lookout point. Have a picnic in the park. Go star-gazing in the backyard. Enjoy the outdoors together by camping, hiking or fishing. Read a book together. Go to the drive-in movie. Stop by farmer's market or a county fair. Catch a concert in the park. Go for a long walk or bike ride. Fire up the barbeque and grill together. Practice a new sport or hobby. Go swimming. Enjoy the Independence Day fireworks and parade together. Work on your green thumbs by gardening. Take a tour of your city. Go to an amusement park or carnival. Have a game night with your partner and your friends. Go to a local theatre performance. Go out dancing. Get ice cream together. Go berry picking. Throw a party. Volunteer together!



*Have a safe
Independence Day!*



Do you enjoy...

Helping others?

Planning events?

Arts and Crafts?

Join us at a volunteer meeting
this month, or contact Jancee,
our Volunteer Coordinator, at
janceeh@safespaceonline.org
or on Facebook!

July 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Float Decorating @ 6 p.m. in Float Garage	3	4 See us in the Independence Day parade!	5
6	7	8	9	10 Volunteer Committee Meeting @ 6 p.m. Jacob's House	11	12
13	14	15	16	17	18	19
20		22 Volunteer Committee Meeting @ 6 p.m. Jacob's House	23	24	25	26
27		29	30	31		

