



Healthy Engagement: Take Care of Your Love and Well-Being

Prevention and Health Education Unit
Prepared by Licensed Health Educators



Discuss what interpersonal relationships and dating violence are.

Recognize and compare a healthy relationship versus a harmful relationship.

Identify warning signs of violent or controlling behavior in either party.

Present strategies to prevent violence and promote relationships based on respect and good communication.

Objectives

Definition of concepts

What is a relationship?

- Connection
- Deal
- Communication
- Relationships influence our emotional well-being and how we feel and develop.

What is a relationship?

- Sentimental bond, romantic type.
- It can occur during courtship, cohabitation, or marriage.
- It can be healthy or harmful, depending on the dynamics that both people establish.



What is violence?

- Violence is the deliberate use of physical force or power, by threat or in an effective manner. It can cause:
 - Injuries
 - Death
 - Psychological damage
 - Developmental disorders
 - Deprivation of basic needs, rights, or essential resources.



(OMS, 2002)

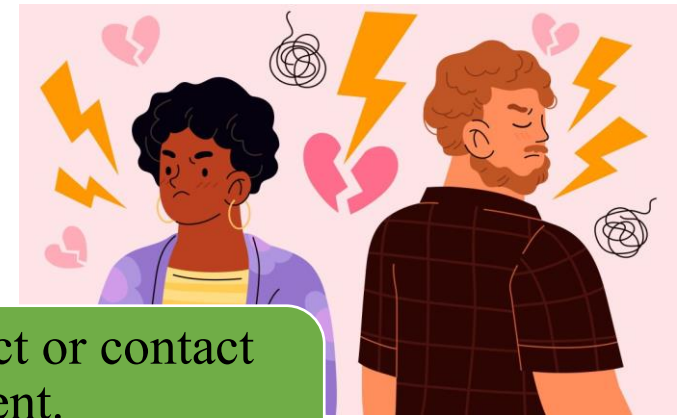
What is dating violence?

It is any type of violence that occurs between people who are or were in a consensual relationship.

- You do not have to live together or have children together.
- It manifests itself as a pattern of controlling, intimidating, or power-exercising behaviors toward the other person.
- It can occur during the relationship or even after you have broken up.



Types of violence



Physical

Any act that affects the bodily integrity of the victim.

Examples include: hitting, kicking, biting, pushing, cutting, among others.

Psychological

Any behavior, verbal or nonverbal, used with the intent to control, intimidate, or harm emotional well-being.

Examples: humiliating, ridiculing, disrespecting, denigrating, threatening, insulting, or gaslighting.

Sexual

Any sexual act or contact without consent.

Examples: unwanted physical contact, pressuring or forcing someone to engage in sexual activities, or manipulating someone to do things they do not want, causing pain or performing degrading acts, taking advantage of the situation, prohibiting the use of contraception, or refusing to use condoms

*Gaslighting is a form of psychological manipulation where one person makes the other doubt what they think or remember in order to confuse them and have control over them.



Types of violence

Economical

It involves controlling access to money to create dependency, prevent the other person from progressing, or benefit financially at their expense.

Examples: prohibiting work, restricting income, ruining job opportunities.

Harassment or stalking

Any repetitive and unwanted contact that causes fear or concern for safety.

Examples: following, watching, calling repeatedly, sending unwanted emails or messages, and harassing through social media.

Cyberbullying

Using technology (cell phones, social media, or email) to control, harass, humiliate, insult, or hurt another person.

Examples: sending aggressive messages, checking their social media without permission, demanding passwords, or disclosing private information to cause harm.

*Cyberbullying is also known as “cyberharassment” or “cyberbullying.”

The **reality** in couples...

There are differences in thoughts, behaviors, beliefs, attitudes, and expectations.

There are no perfect relationships.

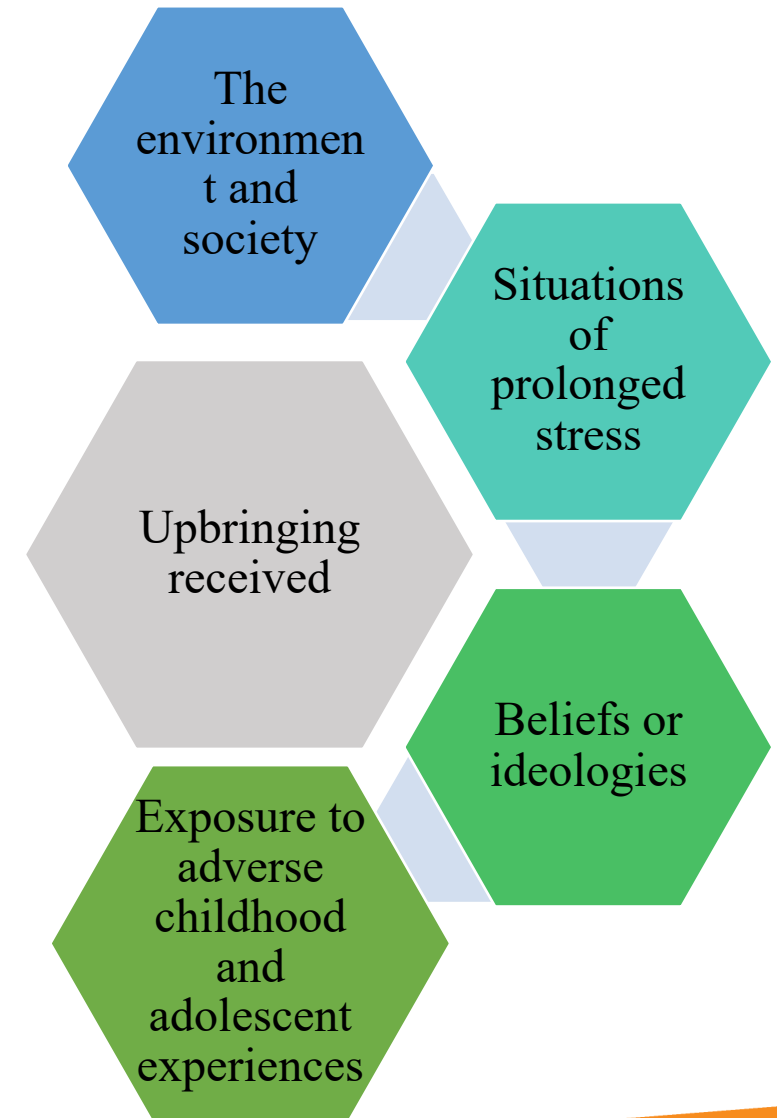
All relationships go through moments of tension or crisis.

Violence should not be allowed under any circumstances.



Factors that can generate violence in relationships

- Character, self-concept, and values are formed based on life experiences.
- It also defines tolerance levels and perceptions of what we consider normal or acceptable in a relationship.
- Growing up in violent environments increases the likelihood of repeating that pattern, either as an aggressor or a victim.

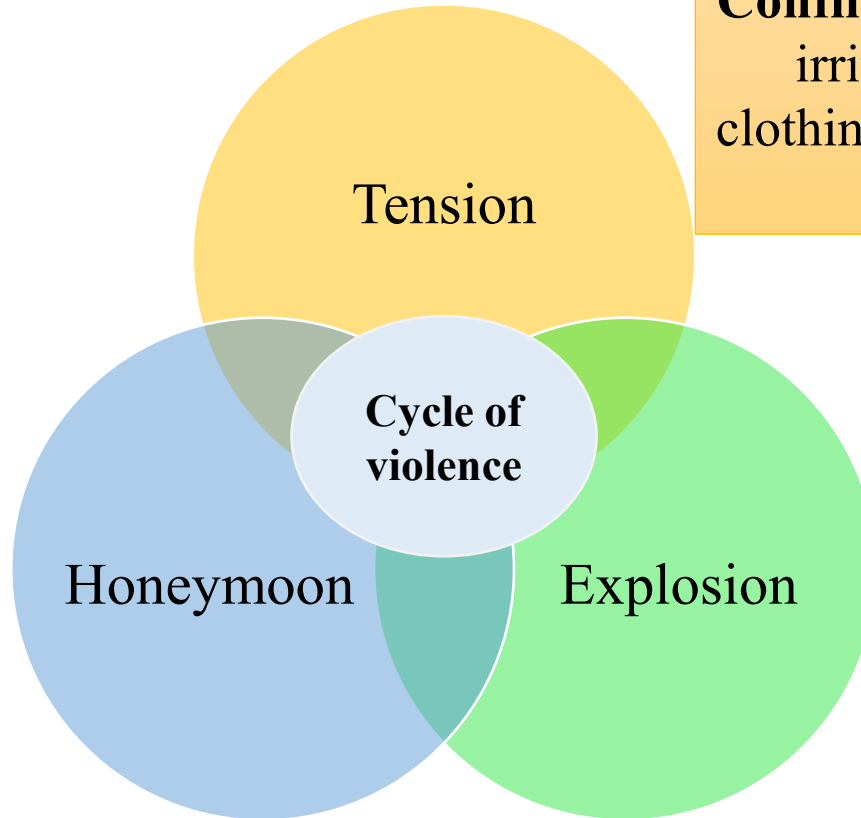


Cycle of violence in intimate partner relationships



Behaviors of apparent regret appear: He gives gifts, cries, Promises to "change" or apologizes.

Conflicts increase: the person gets angry, irritated, yells, humiliates, controls clothing or tries to isolate the other person from family and friends.



Acts of violence occur: pushing, assaulting, threatening, hurting, or blaming the other person for their own anger.

Red flags!



Insults or despises.

Try to control someone else's money, how it's spent, or dress; gets upset or critical when the other person dresses up or dresses well.

Threatens physical, emotional, or weapon violence.

He shows constant jealousy, makes accusations of infidelity, or acts as if the victim is his property.

Prevents the other person from seeing or interacting with family or friends.

Discourages or prohibits the victim from working or studying.

Gets angry when the victim doesn't obey their demands..

Hits, kicks, pushes, slaps, spits, or strangles.



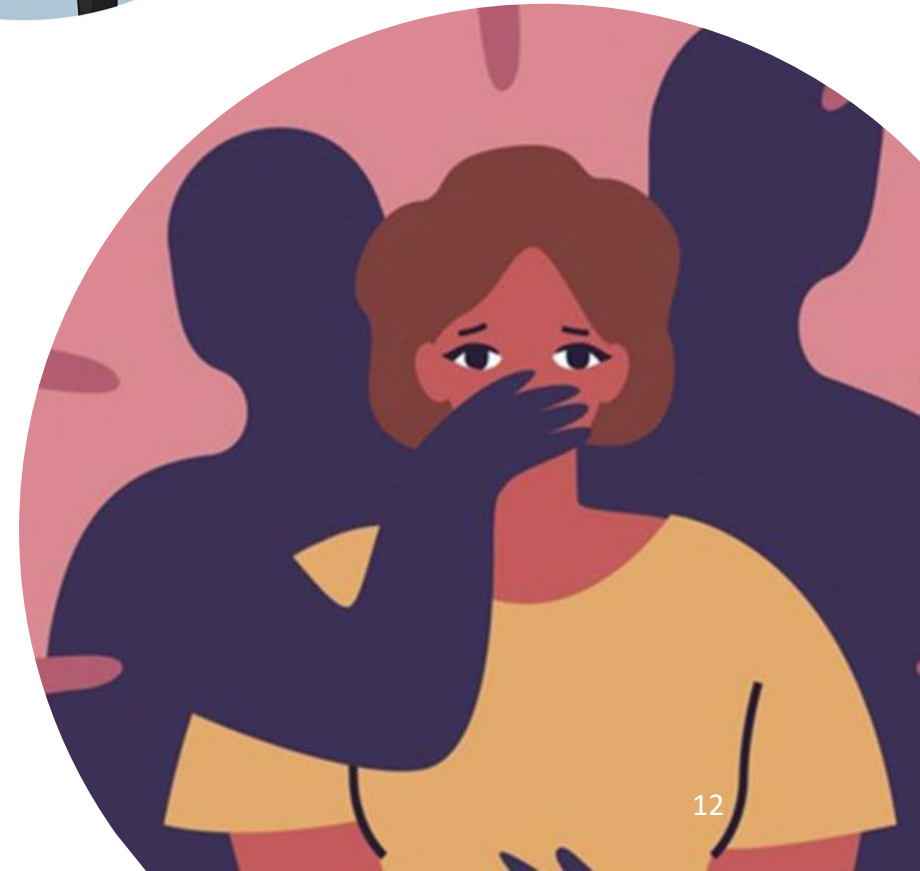
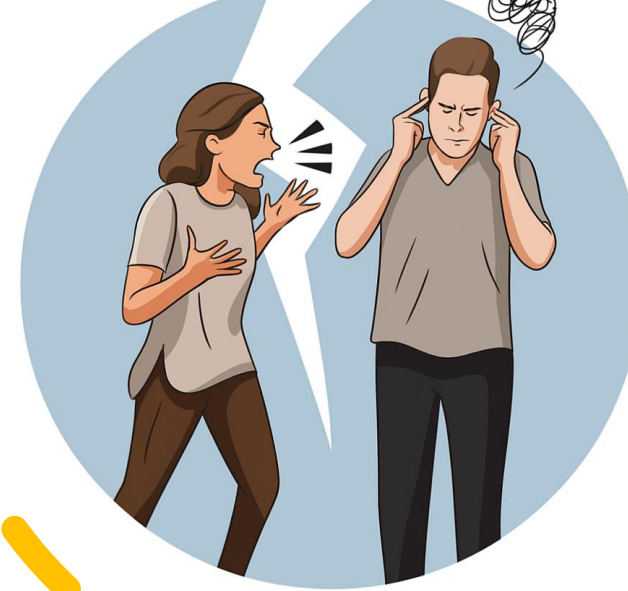
Red flags!

Threatens to tell people close to the victim about intimate details of their relationship or secrets that the victim has confided in them.

He tells him that no one will believe him or that they will not help him.

Threatening to cause harm if the relationship ends: hurting the victim, hurting oneself, or harming someone dear to them, including pets.

Blames the victim for their own violent behavior or tells them that they “deserve it.”



If you are a victim in a relationship:



You are not alone. There are resources available to help you get out and stay safe from a violent relationship.



If you are in immediate danger, call 9-1-1



You have the right to receive medical care (physical and mental) immediately.

Apply for a protective order (Law 54) at a police station*. Provide relevant information, write down the information of the officer who attends the case and the number of the complaint. Request a copy of the document and ask for an escort



You can get free legal help through the Office of Legal Services.



Talk to someone you trust, whether it's a family member, friends, co-worker, or spiritual leader, who can support you without judgment.

*You can also process the protection order electronically

Strategies to prevent violence

Identify and practice healthy emotion management

Know the difference between the concepts of victim and victimizer or aggressor.

Strengthen self-esteem and self-confidence.

Understand the importance of breaking the silence in the face of a violent event.

Strategies to prevent violence

Recognize the importance of establishing, knowing and respecting limits in interpersonal relationships.

Practice tolerance, respect and solidarity.

Maintain assertive communication.

Seek help from a social worker, licensed professional counselor, or work, school, or college psychologist.

Prevention: How to promote healthy relationships!



Equity = Healthy Relationships

In a harmonious and healthy relationship there is...

A solid emotional bond based on respect, trust and honesty.

Solidarity and empathy for what happens to the other person.

The confidence to openly communicate what we feel.

Admiration for the other person's accomplishments.



In a harmonious and healthy relationship...



Healthy boundaries are established.



There is acceptance and tolerance for differences.



There is freedom for academic, personal, work and social growth.



Decisions are made as a couple and there is a sense of teamwork.

Guidance Lines

Emergencies:

9-1-1
(24 hours)

Office of the Women's Advocate

**Telephone
Box:**
(787) 721-
7676

**Confidential
Line:**
(787) 722-
2977

Peace for Women Coordinator

(787) 281-
7579

**CONTIGO
Line:(939)**
266-8446
(24 hours)

CAISS Project(939) 255-9800

**New
Woman
Home:**
(787) 202-
4634
(24 hours)

**Proyecto
Matria:**
(787) 489-
0022
(24 hours)

PAS Line (mental health/crisis)

9-8-8 or 1-800-981-0023

Complaints or information: Confidential Line of the P.R. Police

787-343-2020

Julia de Burgos Protected House

(939) 301-0525

(Tuesday to Thursday, 4:00 p.m. - 7:00 p.m.)

Masculinidad 98

Men's Education and Support Group

@masculinidad98

Questions?





Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician.

Available Service Lines

Medical Advice Line

24 hours a day/ 7 days a week

1-844-347-7801

TTY/TDD 1-844-347-7804

Customer Service

1-844-347-7800

TTY/TDD 1-844-347-7805

References:

<https://www.paho.org/es/temas/prevencion-violencia#:~:text=La%20violencia%20es%20el%20%E2%80%9Cuso,muerte%2C%20privaci%C3%B3n%20o%20mal%20desarrollo.>

<https://www.unobravo.com/es/blog/violencia-domestica>

<https://www.sunshinecitycounseling.com/blog/how-to-build-healthy-relationship-14-tips>

<https://www.mujer.pr.gov/>

<https://pazparalasmujeres.org/>

<https://www.hogarnuevamujer.com/copia-de-servicios-3>

<https://casajulia.org/>



thank
you!

¿Ayuda con su Plan de Salud del Gobierno?



Línea libre de cargos
1-800-981-2737
TTY 787-474-3389