

**We can have real relationships.
And we can end our relationships
anytime we want.**

Breaking up or ending a relationship is always hard. And sometimes that is what is best for us. If we feel that something isn't right, we can decide to end the relationship. If we are being hurt or abused, we can ask for help.

Reporting Abuse and Violence:

National Domestic Violence Hotline:

1-800-799-SAFE (7233) or
1-800-787- 3224 (TTY line for Deaf/hearing impaired). Free, confidential assistance 24/7 to victims of domestic violence. Multilingual and may connect you with a local program that can provide assistance.

National Human Trafficking Resource

Center: 1-888-373-7888 or www.traffickingresourcecenter.org. Available to answer calls from anywhere in the country, 24/7. More than 200 languages.

RAINN (Rape, Abuse, Incest National Network): 1-800-656-HOPE (4673) or www.rainn.org. Free, confidential assistance 24/7 to victims of sexual assault. This hotline will connect you with a local program that can provide assistance. RAINN is multilingual via phone and the RAINN website has a "chat" feature that you can use to talk with an advocate.

We Deserve Healthy Relationships



As people with intellectual and developmental disabilities, we can – and do – have real relationships and intimacy. We deserve to be treated with love and respect. Healthy relationships need trust, honesty, respect, communication, and support. Relationships aren't always easy, but we can be in right relationship if we work together.

No matter what abilities we have, healthy relationships are possible. We don't need to accept anything else. We will do our best in our relationships and ask for help when things don't feel right. Sometimes we might even need to report abuse or violence.

We deserve real information on our relationships and sexuality. To know what is right, and what is wrong:

Trust: We do what we say we will do... and talk about our mistakes.

We all make mistakes. We can sometimes hurt each other. And, we will always try to be better. We do our best to make sure we feel safe together. We work through our problems to make our relationships stronger.

Honesty: We tell each other the truth... even when it's hard.

We know that lies will hurt us and our relationships. We always try to be kind and honest with each other. Sometimes the truth isn't easy, but our relationship is worth it. We trust each other to be honest and real in our relationship.

Respect: We can have different ideas... and still be together.

We disagree and that's ok! We don't need to hide who we are or what we believe. Our relationships are stronger when we can both be ourselves without being afraid. We know our differences will help us grow.

Communication: We share our feelings... and talk about the things we want.

We are open with each other. We want to know what each of us are feeling, and what we need in our relationships. All of us have a right to talk about what we want – and what we don't want.

Support: We help each other when we can... and ask for help when we need to.

We all need help sometimes and no one can do everything. We show up for each other because we care. We do our best to support each other when things are hard. We also have our friends, family, and people we trust to help us. We don't need to be alone in our relationships.