

UNDERSTANDING HEALTHY RELATIONSHIPS: KEY TERMS

Domestic violence - Also called **intimate partner violence (IPV)**, is a pattern of behaviors used by one person in a relationship to gain or maintain power and control over another person in a romantic, dating, or intimate relationship.

Abuse - Any behavior used to control, intimidate, manipulate, or harm another person.

Healthy relationship - A relationship built on mutual respect, trust, honesty, communication, support, consent, and equality.

Unhealthy relationship - A relationship where one or both people regularly engage in behaviors that are disrespectful, controlling, manipulative, or harmful.

Consent - A clear, voluntary, informed, and ongoing agreement to participate in an activity. Consent can be withdrawn at any time.

Coercive control - a pattern of behavior used to dominate, isolate, or manipulate another person over time. Individual behaviors may seem minor in isolation; the pattern is what makes them harmful.

The person who was harmed - the person in the situation toward whom the harmful behavior is directed.

The person who causes harm - the person whose behavior is harmful toward another.

Bystander - A person who witnesses a situation but is not directly involved.

Upstander - someone who recognizes harm and chooses to safely speak up by supporting the person harmed, redirecting the situation, or getting a trusted adult involved.

Cycle of abuse - A recurring pattern in abusive relationships that may include tension, abusive incidents, reconciliation, and periods of calm before the pattern repeats.

Protective factors - Supports and strengths that help reduce the risk of violence and promote healthy development. E.g. supportive adults, healthy friendships, coping skills, connectedness and belonging, and access to resources.