

STARTING TOUGH CONVERSATIONS

RELATIONSHIP RED FLAGS

There is not a one-size-fits-all definition of healthy relationships. It can be difficult to gauge the health of a relationship when there are so many different definitions of what a healthy relationship is. If you think you or someone you know may be in an unhealthy relationship what should you do?

WHAT YOU COULD DO TO HELP

- Follow your instinct and if you feel like you should talk to them about what might be going on, do so. The worst that could happen is that they don't want to talk – and even then, they at least know that you care.
- Be sure to approach them in a confidential manner, at a time and place without interruptions. They may be embarrassed by the situation, and you might be the first person they are telling. It is important not to be judgmental.
- Consider starting with a simple comment and question like, “You seem a bit preoccupied and stressed. Do you want to talk about it?” Give them the space to share what they want to share with you. Don't pressure them.
- Above all, remember that just supporting a fellow Marine no matter what can make a difference.

REPORTING REQUIREMENTS

Remember, there are reporting requirements regarding domestic violence in the Marine Corps. The information below may help you support your fellow Marines, friends, and family members.

- Domestic violence is a crime under the UCMJ. Domestic violence is committing a violent offense or threatening to commit a violent offense against an intimate partner, their family members, their property, or pets. If you know that a fellow Marine is the victim of domestic violence or is the alleged abuser, you are required to report the abuse to the Family Advocacy Program (FAP). At FAP, supportive services are available. The installation FAP information is on the MCCS websites.
- If you are worried that a friend, family member, or a fellow Marine is in an unhealthy relationship, but you are not fully aware that abuse is occurring, encourage them to seek supportive services. Let them know help is available before going to the installation FAP.
- FAP offers confidential, supportive services including counseling and advocacy services.
- Services can be initiated by calling the 24-hour helpline, or by going to the local FAP. Installation resource information is found on the MCCS website.
- If you are the victim of domestic violence, support and help is available. FAP victim advocacy services help address immediate safety concerns, help you develop a safety plan, and provide information regarding reporting options. Restricted and unrestricted are the two different reporting options available for individuals experiencing domestic violence. Victim advocacy and counseling services are available for both reporting options. Unrestricted reporting includes law enforcement and command involvement.
- Please reach out to the 24-hour helpline or by going to your local installation FAP.

RECOGNIZE THE SIGNS OF AN UNHEALTHY RELATIONSHIP

- Making fun of their partner in front of others or putting down their accomplishments
- Controlling how their partner dresses or where they go
- Making excuses for their partner's behavior
- Calling their partner several times a day to make sure they are where they said where they would be
- Monitoring their partner's cell phone, social media, or email
- Feeling like they are never good enough for their partner
- Blaming their partner for their actions
- Feeling like they walk on eggshells in their relationship. Trying not to make their partner angry or causing conflict
- Being scared of what may happen if they break up with their partner
- Their partner not allowing them to leave when they are having an argument
- Threatening to harm their partner's loved ones or pets
- Grabbing, pushing, or hitting their partner

SUPPORT & RESOURCES

If there is immediate danger, call 911.

Military OneSource at **1-800-342-9647**

National Domestic Violence Hotline at **1-800-799-7233** or
<https://www.thehotline.org/help/help-for-friends-and-family>

