

Card title: Your relationships affect your health

Ask yourself:

Is my partner kind to me and respectful of my choices?

Does my partner support my wishes to either use contraception or conceive?

If your answer is YES to these questions, research shows this is more likely to be a healthy relationship leading to better health and a longer life.

Ask yourself:

Does my partner mess with my contraception?

Does my partner refuse to use condoms when I ask?

Does my partner make me have sex when I don't want to?

Has my partner made me afraid or physically hurt me?

Has my partner tried to pressure or make me get pregnant?

Has my partner told me he would hurt me if I didn't do what he wanted with the pregnancy?

If you answer is YES to any of these questions, your health and safety may be in danger. There could be a risk of sexually transmitted infections, unwanted pregnancies and serious injury. You are not alone and you deserve to make your own decisions without being afraid.

Your partner may see pregnancy as a way to keep you in his life and stay connected to you through a child—even if that isn't what you want. Please talk to someone you trust and your healthcare provider for support and advice on contraception, emergency contraception, abortion and sexually transmitted infections and more support.

Support and contact information:

- *Use patient resources listed at the end of the article.*