

Glossary for Healthy Relationships & Abuse Awareness Training



AUTONOMY

The ability to make an informed, uncoerced decision or action. This means you understand what could happen based on the choice you make. It also means you are not being told what to do.



BOUNDARIES

An imaginary line not to be crossed. Boundaries include things you say no to, things you've told other people not to do, or things you've said you won't do.



INFORMED

Means that you know what activity is planned, as well as understanding benefits or consequences of that activity.



BENEFIT

Something that will positively impact you in some way.



CONSEQUENCES

Something that results from a choice that is made.



POWER

An ability to direct or influence the behavior of others or the course of events.



COERCION

The practice of persuading someone to do something by using power, force, or threats.



DIGNITY

The right of a person to be valued and respected for their own sake, and to be treated ethically.

