

## HEALTHY RELATIONSHIPS ARE ABOUT:



Models in image and intended as illustrative.

If you are currently in a relationship, remember that you are less likely to become involved in a self/peer exploitation incident if it involves caring, respect, and dignity versus controlling behaviours such as insincere flattery and persistence/pressure (i.e. won't accept "no" for an answer).

### TRUST

You can rely on each other and know you will not share each other's private information or say anything that would embarrass each other. *Note: The exception to this would be if you are worried about your friend's safety and well-being and as a result, talked to a safe adult about those concerns.*

### MUTUAL RESPECT

Value and cherish each other's friendship and consider each other's feelings. Be respectful of the other's views and choices - only ask the other person to do things that they believe in and feel comfortable doing.

### PATIENCE

Have patience with each other and understand that nobody is perfect and everybody makes mistakes (keep in mind that people should learn from their mistakes, and try to avoid making the same mistake repeatedly).

### HONESTY

Be sincere and mean what you say to each other.

### DEPENDABILITY

Be there for each other when you say you will be, and keep plans with each other.

### LOYALTY

Stick up for each other.

### ENJOYMENT

Enjoy spending time together and have some similar interests (i.e. activities, music, books, jokes, etc.).

### KINDNESS

Be generous and care about how one another feels. Help each other out.

### LISTENING

Actively listen to each other. Try to understand the way each other feels and be thoughtful not to hurt each other's feelings.

### INTIMACY

Share your experiences, feelings and thoughts with each other.

## UNHEALTHY RELATIONSHIPS ARE ABOUT:



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### MANIPULATION

In order to get what they want, the person may: use threats (i.e. to hurt their partner, to break up with them, to hurt themselves or commit suicide); bribe the other person with money, gifts, clothes, food, alcohol or drug; use pity and guilt by doing things like telling their partner they do not like themselves and have no one else but them. The other person feels sorry for them and wants to "help" them.

### ASSAULT AND ABUSE

This includes sexual assault, physical assault and emotional abuse. Sexual assault involves forcing sexual touching, making threats to get sex, getting the other person drunk or use drugs to get sex. Physical assault includes hurting the other person physically (i.e. biting, hitting, pushing, slapping, kicking, punching, or pinching). Emotional abuse involves using put-downs, sarcasm, humiliation or embarrassment and raising your voice towards the other person. It also includes being highly critical of the other person and those who care about the person.

### LYING AND MINIMIZING

Not telling the truth, saying things didn't happen when they did, doing things behind the other person's back and not taking their concerns seriously. Making excuses for their behaviour and acting as though nothing they do is a "big deal."

### UNPREDICTABLE BEHAVIOUR

Acting very supportive and caring, then the next minute being angry and yelling at the other person. The other person never knows what kind of mood that their partner will be in and what to expect from their behaviour.

### INTIMIDATION

Scaring the other person through gestures (a mean look, making a fist), actions (destroying property, punching holes in walls) or the use of weapons.

### PERSISTENCE

Pressuring the other person to do something they want. They will not take "No" for an answer.

### A LACK OF ACCEPTANCE

Rejecting the other person for who they are, putting them down and ignoring them.

### ISOLATION

Telling the other person who they can talk to or look at, who their friends should be and where they can go.