

A Healthy Relationship

A healthy relationship means that both you and your partner are...



- **Communicating**
You talk openly about problems without shouting or yelling. You listen to one another, hear each other out, respect each other's opinions, and are willing to compromise.
- **Respectful**
You value each other as you are. Culture, beliefs, opinions and boundaries are valued. You treat each other in a way that demonstrates the high esteem you hold for one another.
- **Trusting**
You both trust each other, and the trust has been earned.
- **Honest**
You are both honest with each other but can still choose to keep certain things private. For example, you both know that it is important to be honest about things that affect or involve the relationship and still know that it is also ok to keep certain things private.
- **Equal**
You make decisions together and you hold each other to the same standards.
- **Enjoy Personal Space**
You both enjoy spending time apart and respect when one of you voices a need for space.
- **Make consensual sexual decisions**
You talk openly about sexual decisions together. You both consent to sexual activity and can talk about what is ok and what isn't. If you're having sex you talk about possible consequences together, such as pregnancy or STD's. You decide together how to address these things, such as through condoms and other birth control methods.

An Unhealthy Relationship

An unhealthy relationship starts when even just one of you is...



- **Not communicating**
Problems are discussed calmly, or not talked about at all. You don't listen to each other or try to compromise.
- **Disrespectful**
One or both partners are inconsiderate toward the other. One or both partners don't treat each other in a way that shows they care.
- **Not trusting**
There is suspicion that your partner is doing things behind your back, or your partner is suspicious of your loyalty without reason.
- **Dishonest**
One or both partners are telling lies to each other.
- **Trying to take control**
One or both partners sees their desires or decisions as more important. One or both partners is focused only on getting their own way.
- **Feeling smothered or forgetting to spend time with others**
So much time is spent together that one partner is beginning to feel uncomfortable. Or sometimes both partners spend so much time together that they ignore friends, family or other things that used to be important to them.
- **Pressuring the other into sexual activity or ignoring consequences**
One partner is trying to convince the other that the relationship should become more sexual. Or both partners are consensually sexually active with each other but aren't addressing the possible consequences.

An Abusive Relationship

An abusive relationship starts when just one of you...



- **Communicates abusively**
During disagreements there is screaming, cussing, or threatening, or these things happen even when there is no argument. A partner is demeaning or insulting toward the other.
- **Is disrespectful through abuse**
A partner intentionally and continuously disregards your feelings and physical safety.
- **Falsely accuses the other of flirting or cheating**
A partner suspects flirting or cheating without reason and accuses the other, often harming their partner verbally or physically as a result.
- **Doesn't take responsibility for the abuse**
The violent or verbally abusive partner denies or minimizes their actions. They try to blame the other for the harm they're doing.
- **Controls the other partner**
There is no equality in the relationship. What one partner says goes, and if the other partner tries to change this there is increased abuse.
- **Isolates the other partner**
One partner controls where the other one goes, who the other partner sees and talks to. The other partner has no personal space and is often isolated from other people altogether.
- **Forces sexual activity**
The how, when, and where of sexual activity is determined by only one partner. Threats and violence are used prior to or during sexual activity.

Source:

<http://www.teenrelationships.org/respect/>

Dating violence is a pattern of behaviors used to exert power or control over a dating partner. Dating violence is any behavior by a dating partner that:

- Is used to *manipulate, gain control or power over* someone.
- Makes a *person feel bad* about himself or herself or loved ones (such as friends or family).
- Makes a person *afraid* of his or her dating partner.

Dating violence happens to boys and girls and can involve physical, emotional or sexual abuse.

Physical Abuse may include:

- Exploding in anger Hitting or pushing
- Shaking Throwing things
- Using or threatening to use a weapon

Emotional Abuse may include:

- Ignoring your feelings Name-calling
- Being possessive Telling lies about you
- Insulting your beliefs and/or values
- Isolating you from family and friends
- Keeping you from going where you want to go
- Threatening to hurt oneself

Sexual Abuse may include:

- Forcing you to have sex
- Forcing someone to have sex without protection
- Forcing a date to do sexual things he or she doesn't want to do

What's the Impact of Dating Violence?

Dating violence can have serious consequences. While the immediate impact might be humiliation and/or physical pain, young people who experience abuse are more likely to be in physical fights or bring weapons to school. They might exhibit higher rates of drug and alcohol abuse as well as high-risk sexual behaviors. Targets of abuse are also more likely to contemplate or attempt suicide.

What Can You Do About Dating Violence?

If abuse occurs once in a relationship, it's likely to occur again. Dating abuse is a serious issue that should be discussed with someone who can help.

If you are in an abusive relationship It's not your fault!

There is free help available to you

Youth Against Violence Line1.800.680.4264
VictimLink1.800.563.0808
Delta Police Victim Services 604.940.5019
Delta PD School Liaison Officers604.946.4411
To find or contact your School Liaison Officer (SLO) see www.deltapolice.ca/slo

D. O. V. E. (Delta Opposes Violence Everywhere) Coordinating Committee



The Delta Opposes Violence Everywhere Coordinating Committee is committed to ending violence in human relationships, and its impact on everyone.

The committee is working towards improving a coordinated response to incidents of violence in relationships by identifying, and addressing gaps or barriers in service delivery and promoting respectful relationships.



TEEN RELATIONSHIPS: YOU DESERVE A HEALTHY RELATIONSHIP

D.O.V.E.
Coordinating Committee:
Working Together
To End
Relationship Violence

<http://www.deltassist.com/dove.html>

<http://deltapolice.ca/victimservices/dove.php>

