

WHERE TO GO FOR HELP

- Trusted friends or family members
- Teachers or principals
- Student support worker
- Public Health Nurse in clinic/school
- For clinic locations & times:
www.areyousafe.ca
- Leeds, Grenville & Lanark District Health Unit
1-800-660-5853 or www.healthunit.org
- Kids Help Phone – 1-800-668-6868
or www.kidshelpphone.ca or text 686868
- Youthline for 2SLGBTQ+ – 1-800-268-9688
or www.youthline.ca or text 647-694-4275
- Police in your community
- Leeds & Grenville Interval House – 24 Crisis Line:
613-342-8815 or 1-800-267-4409
- Lanark County Interval House – 24-Hour Crisis Line:
1-800-267-7946 or (613) 257-5960



re•la•tion•ship – noun:

the way in which two or more people talk to, behave toward, and connect with each other.



- ◆ We have different kinds of relationships with all sorts of people in our lives:
 - waving to your friend's mom across the street
 - having romantic feelings towards someone in your class
 - growing apart from your best friend since kindergarten
- ◆ Close relationships help us feel loved and cared for and are an important part of growing up.
- ◆ Relationships with friends, family or romantic partners can be healthy or unhealthy
- ◆ In a healthy relationship you feel safe, respected, and cared about
- ◆ In an unhealthy relationship you feel scared, confused and insecure
- ◆ Relationships are based on self-respect and self-esteem. Healthy relationships take time – time to get to know, like, and trust one another
- ◆ The bottom line – in a healthy relationship you feel good about yourself.
- ★ *Remember, being on your own is also a healthy way to be. Having a partner is not a necessary part of life. Discovering life for yourself can be exciting and rewarding.*

CHECKING FOR SIGNS ON THE ROAD TO RELATIONSHIP



GOOD TO GO

- ☐ **You know, like, and respect one another**
 - ➡ You accept each other as you are and don't try to change each other
- ☐ **You trust each other**
 - ➡ You aren't jealous when you each spend time with others
- ☐ **You're there for one another**
 - ➡ You support each other through good times and bad
- ☐ **You feel good and have fun when you're together**
 - ➡ You're relaxed and comfortable. You don't worry about saying or doing the wrong thing
- ☐ **You can talk about anything**
 - ➡ You can discuss your problems and concerns. You can disagree without getting mad.



SLOW DOWN

- ☐ **Your partner puts you down**
 - ➡ Nothing you do is good enough. Your partner makes you feel stupid
- ☐ **Your partner is jealous and controlling**
 - ➡ They don't want you to spend time with your family or friends
- ☐ **You never know where you stand**
 - ➡ Your partner plays mind games or lies to you
- ☐ **You feel pressured to do things you don't want to do**
- ☐ **There is a lot of yelling in your relationship**
 - ➡ Your partner freaks out when you don't agree with them. Sometimes you're scared of what they might do



DANGER ZONE

- ☐ **Physical abuse**
 - ➡ Your partner slaps, pushes, kicks or physically hurts you in any way
- ☐ **Sexual abuse**
 - ➡ Your partner forces you to be involved in sexual activity without your consent
- ☐ **Financial abuse**
 - ➡ Your partner controls your money and how it's spent
- ☐ **Emotional & Verbal abuse**
 - ➡ Your partner yells, puts you down or makes you feel bad about yourself
- ☐ **Threats and intimidation**
 - ➡ Your partner threatens to hurt you, or people you're close to, or scares you with looks, actions, or suicidal behaviour
- ☐ **Isolation**
 - ➡ Your partner controls what you do or keeps you from family and friends

*If you answered yes to any of the yellow or red, your relationship could be unhealthy.
You might find it helpful to talk to someone you trust about how you feel.*