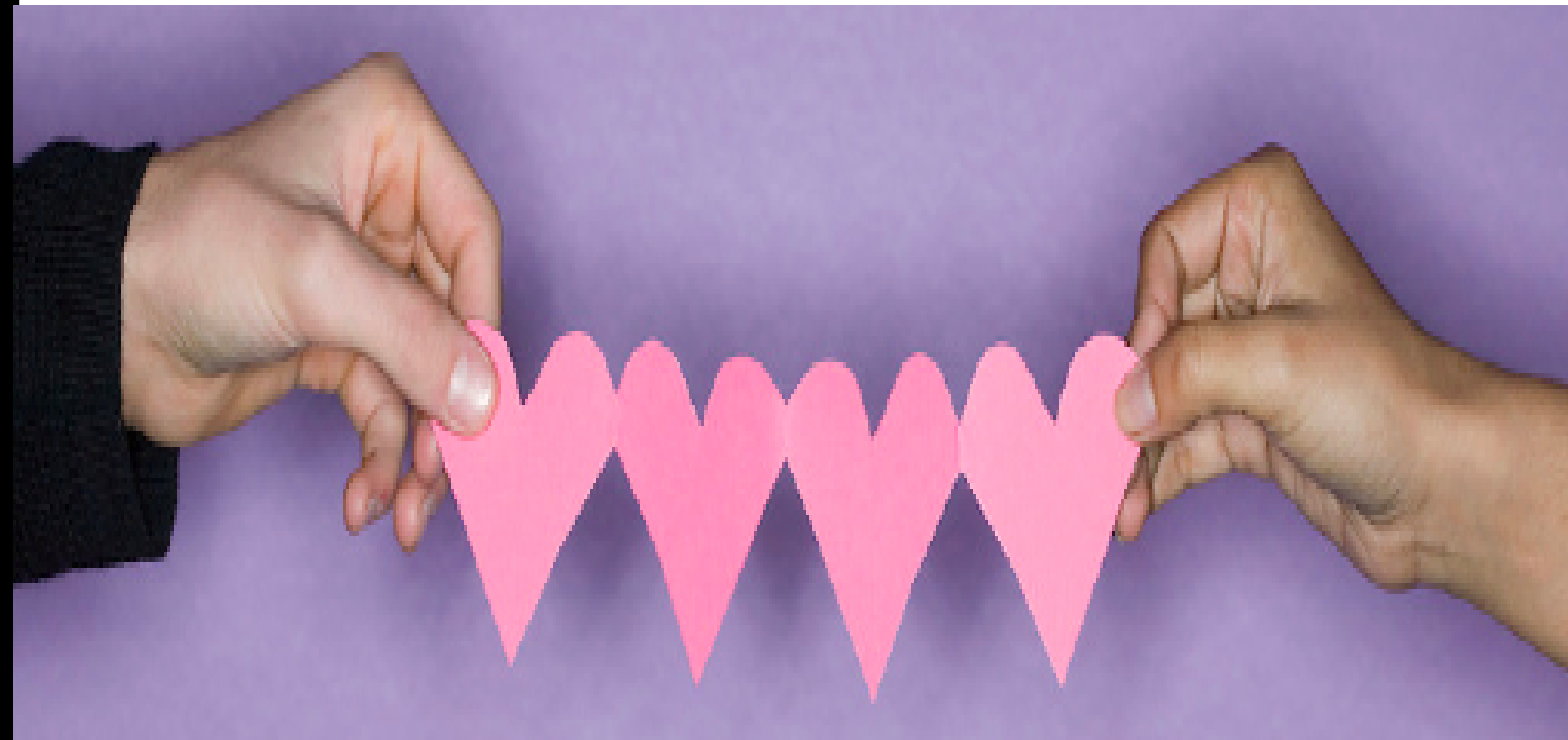


# Healthy Relationships



**What does a good  
relationship look like?**



**What does a bad relationship look like?**



# What are you looking for in a boyfriend/girlfriend?





# Question Time

**How will you treat your  
significant other?**

**How do you want them  
to feel?**

# What is Dating Violence?

Dating violence is defined as the physical, sexual, psychological, or emotional violence within a dating relationship



# Examples of Abuse

**Making a partner feel insecure:** name calling, put down, criticisms, humiliating, attacking person's capabilities, saying "nobody wants you"



# Examples of Abuse



**Mind games:** making feel guilty, making feel crazy, blaming the partner for things that are wrong, having the partner wait by the phone



# Examples of Abuse

**Isolating the partner from friends and family:** forcing them to give up activities, keeping tabs on the partner by paging, calling, dropping by etc



# Examples of Abuse

**Using intimidation:**  
Breaking objects,  
punching walls,  
threatening looks,  
threatening partner  
or family/friends,  
destroying  
belongings.



# Examples of Abuse



**Acting jealous:**  
Not allowing the dating partner to talk to anyone of the opposite sex, accusing the partner of flirting or having sexual contact with others.

# Examples of Abuse

Shoving or pushing, squeezing a shoulder, restraining by holding wrist or hand tightly, pulling hair, slapping, punching, kicking, choking, pushing out of a car etc.

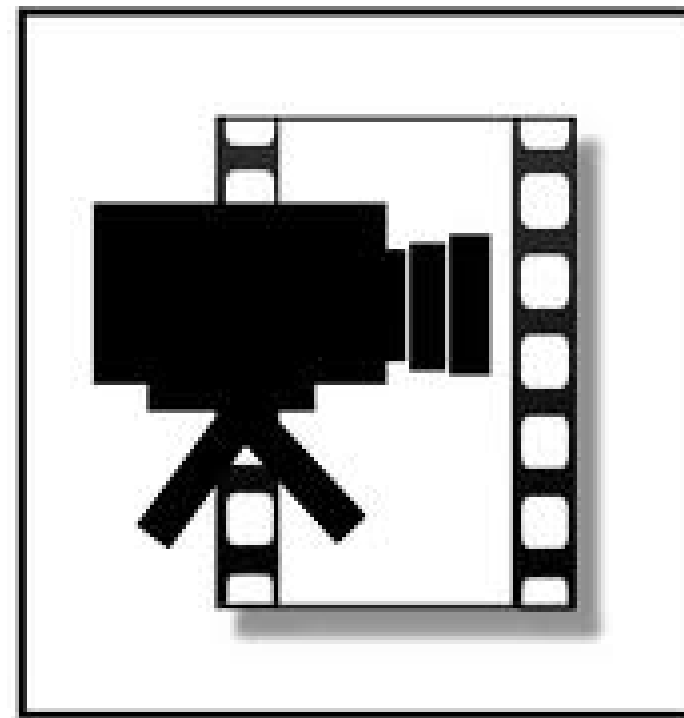


# Some Examples

*Click on the links below*



<http://www.youtube.com/watch?v=ieYm0sKoqkY>



<http://www.youtube.com/watch?v=9SOZ4Pji90I>

# Healthy Relationships

## **Mutual respect.**

The key is that your BF or GF is into you for who you are — for your great sense of humour, your cheesy jokes, your love of reality TV, etc.

Does your partner listen when you say you're not comfortable doing something and then back off right away?

Respect in a relationship means that each person values who the other is and understands — and would never challenge — the other person's boundaries.



# Healthy Relationships

## **Trust.**

You're talking with a guy from French class and your boyfriend walks by. Does he completely lose his cool or keep walking because he knows you'd never cheat on him? It can be OK to get a **little** jealous **sometimes** — jealousy is a natural emotion. But how a person reacts when feeling jealous is what matters. There's no way you can have a healthy relationship if you don't trust each other.



LOVE  
IS ABOUT  
TRUST

# Healthy Relationships

## **Fairness/equality.**

You need to have give-and-take in your relationship, too. Do you take turns choosing which new movie to see? As a couple, do you hang out with your partner's friends as often as you hang out with yours?



It's not like you have to keep a running count and make sure things are exactly even, of course. But you'll know if it isn't a pretty fair balance. Things get bad really fast when a relationship turns into a power struggle, with one person fighting to get his or her way all the time.



# Healthy Relationships

## **Support.**

It's not just in bad times that your partner should support you. Some people are great when your whole world is falling apart, but can't take being there when things are going right (and vice versa). In a healthy relationship, your significant other is there with a shoulder to cry on when you find out



your parents are getting divorced **and** to celebrate with you when you get the lead in a play.

# Healthy Relationships

## **Separate identities.**

In a healthy relationship, everyone needs to make compromises, but that doesn't mean you should feel like you're losing out on being yourself. When you started going out, you both had your own lives (families, friends, interests, hobbies, etc.) and that shouldn't change. Neither of you should have to pretend to like something you don't, or give up seeing your friends, or drop out of activities you love. And you also should feel free to keep developing new talents or interests, making new friends, and moving forward.



# Healthy Relationships

## **Good communication.**

You've probably heard lots of stuff about how men and women don't seem to speak the same language. We all know how many different meanings the little phrase "no, nothing's wrong" can have, depending on who's saying it! What's important is to ask if you're not sure what he or she means, and speak honestly and openly so that the miscommunication is avoided in the first place. Never keep a feeling bottled up because you're afraid it's not what your BF or GF wants to hear or because you worry about sounding silly. And if you need some time to think something through before you're ready to talk about it, the right person will give you some space to do that if you ask for it.



# Are You In A Healthy Relationship?

Ask yourself: Does my boyfriend or girlfriend...

- get angry when I don't drop everything for him or her?
- criticize the way I look or dress, and say I'll never be able to find anyone else who would date me?
- keep me from seeing friends or from talking to any other guys or girls?
- want me to quit an activity, even though I love it?
- ever raise a hand when angry, like he or she is about to hit me?
- try to force me to go further sexually than I want to?

# Are You In A Healthy Relationship?

If you said yes to ANY of these questions, you could be in an abusive relationship

