

## Intro

Over the last year I have been working with TEEN TALK'S Peer Support program through the support of The Winnipeg Arts Council. We have been drawing pictures, writing music, poems, reflections and stories about our relationships with ourselves, our family, our friends and our partners. Throughout our time together we have created this booklet and an accompanying collection of songs. The poems, songs, reflections and stories contained in this book are the opinions and ideas of the authors. Please enjoy!

-Pip Skid

Go to [peersupport204.bandcamp.com](https://peersupport204.bandcamp.com) to listen to our hip hop EP. A collection of songs highlighting people's different perspectives about their take on relationships, life, love and learning.

Teen Talk is a youth health education service. We offer workshops and peer education trainings for youth as well as service provider trainings. Working with a youth friendly, harm reduction approach, our session topics include: sexual health, mental health, body image, substance use, anti-oppression and dating relationships.

The Peer Support Program at Teen Talk is an exciting volunteer opportunity for youth who are interested in peer education, helping others and learning more about issues related to sexual and mental health. Anyone who is 14-18 years old and lives in Winnipeg can join one of our Peer Support trainings to get involved!

Magazine and Music created by all these amazing volunteers from Teen Talk's Peer Support Program!

*Jessalie Macam  
Shoki Onosson  
Claire Sutton  
Ange Amuri  
Claudine Musaka  
Amisa Madaraka  
Finn Swanson-Bilyk  
Cleche Kokolo  
Daphne Cleveland  
Sasha O'Reggio  
Princess Mwimure  
Sarah McDonald  
Donwin Lacdao  
Jonah Zabloski  
Maguire Steingart  
Serena Griffiths-Corley  
Mariam Ba  
Lily Henderson Bamford  
Daniela*

*Healthy Relationships 101* was created through the Winnipeg Arts Council's *Youth WITH ART* community public art program and is part of the City of Winnipeg's Public Art Collection.

# POAMS

Yea you did me wrong  
Why did this take so long for me to see that you  
were never good for me?  
Sometimes you were good for me but other  
times I couldn't see  
Why we couldn't be so now I'm free  
I'm free to be a better me

**Yes!**  
**Oui! > Consent**  
**Si!**  
**#healthyrelationships**

Curiously, wandering when you're  
going to leave here for me.  
Okay, lets be real over here.  
Time to make things really clear  
It was me at first  
Then you finally saw her she fixed  
your thirst  
At first all I thought was how can this  
get any worse?  
Alright!!!!  
I got over it  
Just thought one day you guys would  
split.  
Now I'm done, changed my mind,  
you weren't the one moved on to a  
better place everything is clear in my  
own pace I don't need you or your  
side boo.....  
I believe I'ma find what I deserve  
instead of you or your girl getting all  
on my nerves  
I wanna be happy. Not sappy.

Wake up in the middle of the night  
 Feather light pillows, fire light, eyes  
 wide  
 Static throughout the air, remnants  
 of a fight, you and I in the moon-  
 light.  
 Just here  
 War and love, panic and fear  
 You were just here  
 Make-up steamed with tears  
 I swear you were just here

"for the best" you said, and the rest  
 I forget  
 In the end it's still you who left  
 Right, wrong, game on and on and  
 on....  
 Love, is it enough with trust and  
 respect  
 What's left?  
 For you the echo of a promise I  
 dismissed  
 My ruination, self-destruction  
 You and I unbroken, then  
 Just here  
 War and love, panic and fear, you  
 were just here  
 Make-up streaked with tears, I swear  
 you were just here



**Safety  
 is  
 Sexy!**

**#healthyrelationships**

# FUN THINGS TO DO ON A DATE IN WINNIPEG!!!!!!!

*\*a date can be with a friend, a family member, a lover, a partner or all by yourself. Taking yourself a date can be just what the doctor ordered!*

GO ON A LONG WALK

GO TO THE ARCADE

GO OUT FOR FOOD

DOUBLE DATE

STAR GAZE

THE ZOO

SKY ZONE

LEARN A DANCE

FIRST FRIDAYS (SEE SOME ART!)

THE MOVIES

MILLENNIUM LIBRARY  
(READ A POEM OUT LOUD TO A FRIEND)

Patience  
is  
Key!

# REFLECTIONS

#healthyrelationships

## Relationship

Relationship is a bond.  
A bond that ties everything.  
A bond that is unbreakable.  
But once you lose it.  
Theres no turning back.  
There will be no second road.  
Cause love was made with one direc-  
tion  
That is loving each other.  
You love them because they are being  
there for you.

A relationship is not only between a  
boyfriend, a girlfriend, or partners.  
But it is also about other people around  
you.  
People who care and love you for you  
and who you are.  
Not because you're rich or famous but  
what you bring you are.

## Friendship

Friendship is important.  
Cause they are the people who will  
catch you.  
Catch you and love you for who you  
are.  
Before looking for somebody to love  
you should love and accept yourself.  
Cause you are the only person who  
can love and accept you in that way.

Friends they will be there to stay and  
guide but there will be times that  
you need to stand on your own two  
feet.  
Two feet that is firm and standing in  
case of pain.  
Pain that can be never never ending.

## What a healthy relationship looks like

Everyone has their own definition of what a healthy relationship is. I've asked many youths what a healthy relationship was to them. Here's what some of them said;

- A healthy relationship is trust and loyalty
- A healthy relationship requires communication, trust sexual activity and for the partners to be friends. You need to be wanting to spend time with your significant other at any moment given and having common interests greatly helps in the development of the relationship.
- A healthy relationship is one where you both trust each other, where no one tries to take advantage of the other, where you both help each other to accomplish your goals and support each other when it gets tough
- A healthy relationship means to have complete trust within each other
- A healthy relationship is when both partners are happy and comfortable with each other and also when you try to resolve all your arguments
- In a healthy relationship you need trust, honesty, compatibility, casual arguments and being free of speech

A healthy relationship can vary from person to person but it's important to know what a healthy relationship looks like to you.

**Know  
Your  
Boundaries!**  
**#healthyrelationships**

Healthy relationships to me:

To me healthy relationships are kind of different because it'll be different if you're in a relationship or a friendship.

If you're in a relationship a healthy one to me that would be believing in each other, being loyal, trusting each other, honesty, being yourself, loving each other and seeing a future with your partner.

But if it's just a friendship then it would still consist of most of the same traits as being in a relationship, except you wouldn't be with the person a lot of the time, it would be a person you can go to hangout with and do fun stuff with and do stuff you might not be able to do if you were in a relationship.

But this is just my way of looking at healthy relationships.



Don't stop Loving

Loving somebody maybe painful  
But please don't stop  
Cause loving is not about pain  
It's about showing your love thats overwhelm-  
ing  
That you would rather share it than waiting it on  
somebody who is not worth it  
Maybe you will find the person for you  
But you should enjoy being loved and giving  
love.

Losing somebody is painful  
Holding on when you know you should give up.  
Fighting for the person you think is right.  
But in the end may not be right.

What an amazing experience  
But don't just stop there  
Continue the journey of life.

**Reciprocate  
&  
Respect!**

**#healthyrelationships**



## Taking Time For Yourself

A Healthy Relationship with yourself is a difficult thing to define.

I started to develop a healthy relationship with myself in my year and a half of sobriety. In that time I have learned a lot about myself. As unorthodox as it might sound I needed to crash over and over again to realize something was wrong. Something was terribly wrong. That was that I couldn't look at my reflection and see anything good. I used to look and not think, not think about the people I was hurting, not think about my future, not think about how I was missing school, not thinking about my mental or physical health, not looking at what I had become.

I love myself now and one of the ways I keep up the healthy relationship is by checking in with myself and find out how I'm feeling. How and what I need to do to get through the day whether that be saying good job kid you ate breakfast to you got out of bed.

However it's a difficult thing to evaluate and see how your doing when your two steps from drowning in an abyss of fear and loathing.

I never cared about my sleep what I put in my body or how I thought about myself because I didn't believe I was worth it.

Before becoming sober I checked myself into a treatment center with the help of family and friends. I had crashed I knew I had to get busy dying or get busy living and getting away from everything gave me time to think.

Think and think, think so much you look for answers. I decided then that I was worth it.

I'm worth a good nights sleep, I'm worth a proper meal, I'm worth pursuing my dreams, I'm worth joy I'm worth love I'm worth self love.

I deserve to love myself. It wasn't easy to learn. I never had to love myself as a kid because I was a kid.

But thankfully I crashed and saw the world crumble around me. You can't know light without darkness.

And many of you will see the darkest of times possibly in yourself or others. But that doesn't mean you're hopeless. Far from it it means you know pain but having said that you can know a profound love with yourself that no one can take away from you.

When I started my journey  
I asked myself

Am I worth happiness, am I worth positive thoughts, am I worth the time it takes to develop these habits. I think you are but i can't think for you. You have to think for yourself.

We all have a choose and choosing to work on a relationship with yourself will help you love the people around you.

# MORE FUN THINGS TO DO ON A DATE IN WINNIPEG!!!!!!!

*\*a date can be with a  
friend, a family member,  
a lover, a partner or all by  
yourself. Taking yourself a  
date can be just what the  
doctor ordered!*

**THUNDER RAPIDS**

**GRAND PRIX**

**HUMANE SOCIETY**

**CAT CAFE**

**ART GALLERY-**

**BDJ**

**FARMERS MARKET**

**FOLKLARAMA**

**PICNIC IN THE PARK**

**WITCH HUT**

**IKEA**

# SONGS

My life was left without romance  
And I was willing to take a chance  
Risked psychedelics to attempt to see above  
Left my job with love  
To make sure that I was no welcome back  
Then publicly made sure my name black  
By posting a life's errors online  
To be judged in good time  
Leaving for the west with little plans  
With only the money I held in hand  
But not before giving my iPhone away  
Then leaving the city with nowhere to stay  
Stress and freedom on the open road  
Open with empty optimism and empty goals

Going west to reclaim the past  
Leaving any chance making cash  
Going west to see friends  
Leaving some who didn't make amends  
Going west to see a girl  
Leaving a woman in a whirl  
Going west cause I was strong  
But I'd be broken all along

Going west but what I found  
Is a wall being built around  
Thoughts and dreams can themselves be liars  
False intentions, false desires  
4:30 am too far from home  
A traffic ticket halts me like a stone  
In the very spot where my psyche was destroyed  
Years ago while unemployed  
My schooling had never been completed  
I was living with my parents defeated  
Marriage had ended, religion suspended  
A childhood error that had never been mended

I took a trip with my folks  
With shrouded reasons for doing so  
I came face to face with my past  
And knew my grip would not hold fast  
I left reality behind that fateful day  
On a quiet farmyard far away  
Back here now I feared reprimand  
But what I found instead was an open hand

A place where for a moment  
I could be away from the judgement  
And pushed to the spot where I'd be debased  
And where now my past could be erased  
Erased, at the end of the last paved road  
Forgiven, at a serene family home  
Generously handled by someone whom I did not know  
Who gently allowed it to be let go  
Someone whom I did sorely miss  
The embodiment of pistachios, cream, saffron and rose.

**Communication  
is  
Education**

**#healthyrelationships**

First you buy the food, then you  
set the mood

Ask the permission, continue the  
mission

But if they say no, then the plan's  
gotta go

(pause)

Don't be late to your first date, or  
the trust will deflate

If you don't respect me, please  
don't expect me

Chorus

So treat each other royally, give  
each other loyalty

(repeat)

Talk your mind, I've been here too many  
times

You show me your brain but it comes out far  
too plain

Darlin' tell me are you free? Cause you have  
to be here for me

Refrain:

Come closer, I'm scared, but you speak

Thanks for making me laugh

It's in the past

Faster part:

Wanna tell you how I feel but somehow I  
can't tell if it's real

Overtime I see your face, it's never in the  
proper place

I wanna love you or let you know that in my  
heart theres room to grow

My thoughts are moving fast

Talk Your mind, I've been here  
too many times. You show me  
Your ↑ Brain, but it comes out <sup>far</sup> too  
Plain. ~~Baby~~ Darling tell me  
are you free? Cause you have to  
be here for me.

Refrain:

Come closer, I'm Scared,  
but you ~~can~~ Speak. Thanks, For making  
me laugh, It's in the past.

Faster:

Wanna tell you how I feel but  
Somehow I can't tell if it's  
Real. Every time See you Face,  
it's never in the proper place.  
I Wanna love you or let you  
Know that in my heart there's  
room to grow.

Refrain

My thoughts are  
+ moving fast,  
I want clarity.

# Half Broken

Ok this is how it goes  
we've been chillin having  
fun chewing how it goes.

You and me we could be  
all happy. ever after.

Ok lets be open minded  
we don't take things seriously

With my new man  
Supporting all healthy  
yes we gon be wealthy.  
I'm done!

## Hey!

Did you know that we made a hip hop album full of songs all about being in different types of relationships? And guess what? It's called Healthy Relationships 101. There are songs about love, dealing with a break-up, self-care and so much more!! You can listen and download the album for FREE!!! What are you waiting for? Go check it out! <https://peersupport204.bandcamp.com/>

# EVEN MORE FUN THINGS TO DO ON A DATE IN WINNIPEG!!!!!!

*\*a date can be with a  
friend, a family member,  
a lover, a partner or all by  
yourself. Taking yourself a  
date can be just what the  
doctor ordered!*

MANITOBA MUSEUM  
LEO MOL SCULPTURE  
GOLDEYES  
LASERTOPIA  
BIKE RIDE  
ROLLER SKATING  
ICE SKATING  
PICNIC  
KARAOKE  
UNDERGROUND DOWNTOWN



# RECIPES

Sometimes when I'm not feeling super great my mom will make me nachos and we'll sit quiet and watch tv together. It's one of her love languages. Making me food is her way of saying that she loves me. So I wanted to share a super good vegetarian nacho recipe for you and your loved ones to share.

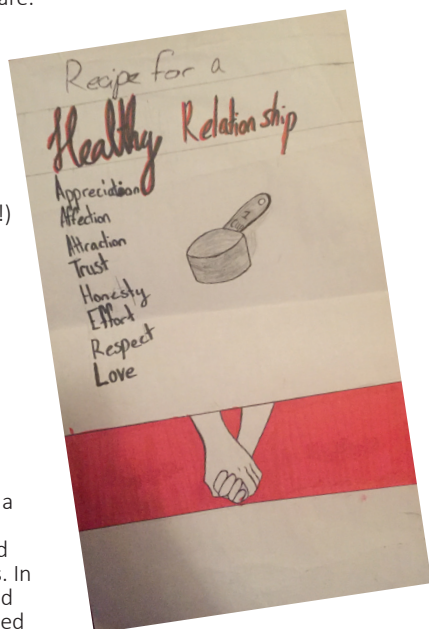
## INGREDIENTS

blue tortilla chips

- 1 can black beans, rinsed and drained
- 1 green bell pepper, diced
- 1/2 cup frozen corn, thawed
- 1/4 teaspoon ground cumin
- 1/4 cup sliced black olives (not gross at all!)
- 12 tablespoons pickled jalapeño slices
- 1 cup shredded cheese
- 2 large plum tomatoes, chopped
- 1/2 cup chopped red onion
- 1/2 cup cilantro, chopped
- lots of fresh lime juice!!!!!!
- 1 avocado, diced

## PREPARATION

Heat oven to 425°F. Coat a baking sheet with cooking spray; spread chips evenly on sheet. In a bowl, combine beans, pepper, corn and cumin; spoon over chips. Top with olives, jalapeños and cheese; bake until cheese melts, 5 to 6 minutes. In same bowl, combine tomato, onion, cilantro and juice; gently mix in avocado. Serve nachos topped with salsa.



# THERE ARE SO MANY FUN THINGS TO DO ON A DATE IN WINNIPEG!!!!!!!

*\*a date can be with a  
friend, a family member,  
a lover, a partner or all by  
yourself. Taking yourself a  
date can be just what the  
doctor ordered!*

BOARD GAMES  
MAKE DINNER TOGETHER  
PORTAGE PLACE  
PARKS  
UPUTZ  
STRAWBERRY PICKING  
CORN MAZE  
VOLUNTEERING  
ASSINIBOIA DOWNS  
PLANT A GARDEN  
BOWLING

## All about Consent!

Consent makes sex safer. It means getting clear permission, which means both people need to willingly and freely say yes before any sexual activity. Sexual activity includes sex, kissing, hugging, making out, cuddling, or touching someone's body in a sexual way. It's important to ask someone before touching them. Anything other than yes means no, so if they aren't interested, aren't sure or don't say anything, it means the answer is no.

You can think of consent as: Ask, Listen, Respect. You need to ask your partner what they want to do, listen to what they want, and respect them by doing only what they want to do.

### Talking about Consent

#### Ask

Asking for consent can be fun and it can help to figure out ways to talk about consent that feel comfortable. We know that it can be more complicated than just asking or saying "yes" or "no."

People don't always talk about touching/sex before it happens; sometimes people communicate non-verbally, through eye contact and body language. However, actually talking about consent gives both people a chance to say whether or not they are into something. When we talk about consent in our own words it can also be fun and sexy. It also ensures that sex is safer and Ideally, pleasurable for both people.

Examples:

- "Want to \_\_\_\_\_?"
- "I've always wanted to try \_\_\_\_\_ what do you think?"
- "Are you comfortable with this?"
- "How do you feel about this?"
- "Do you like this?"
- "What are you comfortable with?"
- "What do you like?"
- "Can I kiss you?"
- "Is this ok for you?"
- "I really want to \_\_\_\_\_, do you?"
- "Would it be okay with you if... ?"

TIP: When your partner is using non-verbal cues (like looks, body language etc.), use them as a way to start a conversation. For example, if they are looking at your lips, or leaning in to be kissed you could say "do you want me to kiss you?"

## Listen

Part of asking for consent is listening to the response. It's important to pay attention to their body language and tone of voice. If they are saying yes, but they look uncomfortable or sound unsure, it is not a clear yes and it's important to check in with them further, which could sound like "You sound unsure, I want you to know that it's totally okay if you don't want to."

## Respect

If you receive a no when asking, even though feelings of rejection can be hard, it's our responsibility to deal with our feelings and respect the other person. It's never okay to make someone feel bad for saying no.

Consent is ongoing, which means you have a right to say no at any time, including right before or during, even if the other person really wants to. If someone changes their mind during any sexual activity, it would need to stop. If someone says "stop", or "wait", looks uncomfortable or is pulling away, stop and check in with them. This could mean stopping and saying; "You don't seem into this anymore, we can stop if you want" If you are unsure, always stop and ask.

Other examples of how to check in:

- "Is this still ok?"
- "Maybe we should stop?"
- "Is everything ok?"
- "Do you like this?"
- "Does this feel good?"

\*TIP: Remember to say these things in a neutral and respectful way. If you sound sarcastic, angry or judgmental, you could actually make the person feel unsafe or pressured to keep going, and that is coercion, not consent.

## Building a Healthy Relationship with Yourself

Write about things you do to take care and nourish the different aspects of yourself. The head represents your mental health, the heart area represents your emotional health, and the rest of the body represents your physical health. The space around you represents your spiritual health. Also, all of the different parts of ourselves connect and can affect each other. For example, getting regular sleep and exercise (moving our bodies in ways that we enjoy) is good for our physical health, but it also nourishes our emotional health and our spirit.

### Healthy Breakups

Breakups are not fun, but can be healthy. People's feelings are involved, so it needs to be done with care and respect.

A Healthy Breakup is **HIGH on Respect**:

- Choosing the right place and time
- Taking everybody's feelings into account. Be honest and kind about why you want to end the relationship.
- Recognize that "guilting" or begging a person into staying is not healthy or helpful to either person.

And **LOW on Drama**:

- Give thought to privacy, kindness and their feelings
- Use assertive communication. Ideally tell your partner first hand, not through other people or social media.
- Negotiate what, if anything, is ok to say about the break up on social media.
- Don't spread rumours after the breakup. Try to stay respectful (no matter what your ex is doing or saying.)

Regardless of whose idea it is to end the relationship, break ups can be difficult. It is important to take care of yourself, get some supports, and work to accept what has happened. If you don't seem to be bouncing back (feel depressed), it may be a good idea to talk to someone you trust about it.

### Being single!

Being single can be great! Some people aren't interested in dating and many people feel fulfilled and happy without being in a dating relationship. It's also a good time to work on our relationship with ourselves as well as with other people in our lives like friends, family, etc. Use the space on the next 2 pages to write or draw things to do when single or what you love about being single!





## **What a healthy relationship looks like**

Everyone has their own definition of what a healthy relationship is. I've asked many youths what a healthy relationship was to them. Here's what some of them said;

- A healthy relationship is trust and loyalty
- A healthy relationship requires communication, trust sexual activity and for the partners to be friends. You need to be wanting to spend time with your significant other at any moment given and having common interests greatly helps in the development of the relationship.
- A healthy relationship is one where you both trust each other, where no one tries to take advantage of the other, where you both help each other to accomplish your goals and support each other when it gets tough
- A healthy relationship means to have complete trust within each other
- A healthy relationship is when both partners are happy and comfortable with each other and also when you try to resolve all your arguments
- In a healthy relationship you need trust, honesty, compatibility, casual arguments and being free of speech

A healthy relationship can vary from person to person but it's important to know what a healthy relationship looks like to you.