

RELATIONSHIPS

Types of Relationships

Healthy ~ Fun, safe, respect, trust, consent, equality, strong communication....

Unhealthy ~ Disrespect, not super fun, little or no trust, poor communication, but still safe

Abuse ~Unsafe, fear, control, harm

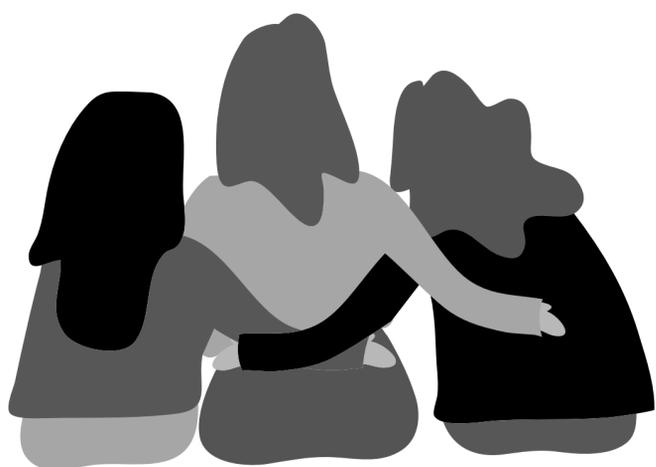


If You're Being Abused

- It's NOT your fault!
- Talk to someone you trust or a counsellor/helpline.
- Make a safety plan
 - If you're breaking up, plan ahead. Let people know, do it by phone or a public space.
 - If you're not ready/able to end things yet, make a plan in case things get bad. Where can you go? Who can you call?
- Make time for you

If You're Abusing Your Partner

- Accept responsibility. It IS your fault
- Get help! Talk to someone you trust or a counsellor/helpline.
- End the relationship
- Change your behaviour, this may take time and support, but you can go on to healthy relationships in the future if you do the work



Abuse is a choice!

With support, people can and do choose to stop using abuse

QUALITIES OF A HEALTHY RELATIONSHIP

Everyone deserves a healthy relationship!

Some examples of healthy qualities:

- Equality
- Trust
- Respect
- Affection (like, love, care)
- Fun
- Support
- No violence
- Common interests
- Consent
- Time apart



What do you want out of a relationship?

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Some Places for Supports

Kids Help Phone: 1-800-668-6868
Online chat at kidshelpphone.ca or
text 68 68 68

Klinic Sexual Assault Crisis Line:
1-888-292-7565 or 204-786-8631

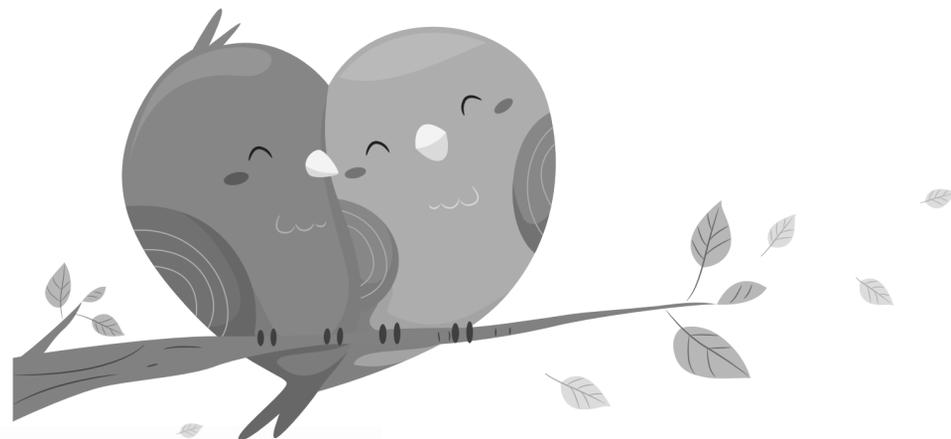
Teen Clinic: Find one at teenclinic.ca

Talk to someone you trust
(a friend, family member, teacher, etc.)

teentalk.ca: Check out the dating
violence information.

whiteribbon.com: Men and boys
working to end violence against
women.

loveisrespect.org: Information about
abuse and relationships.



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www.teentalk.ca | serc.mb.ca | info@serc.mb.ca
Find us @TeenTalkMB on Instagram or Facebook

We are not a crisis service. If you need support call the Kids Help Phone at 1-800-668-6868