

# 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

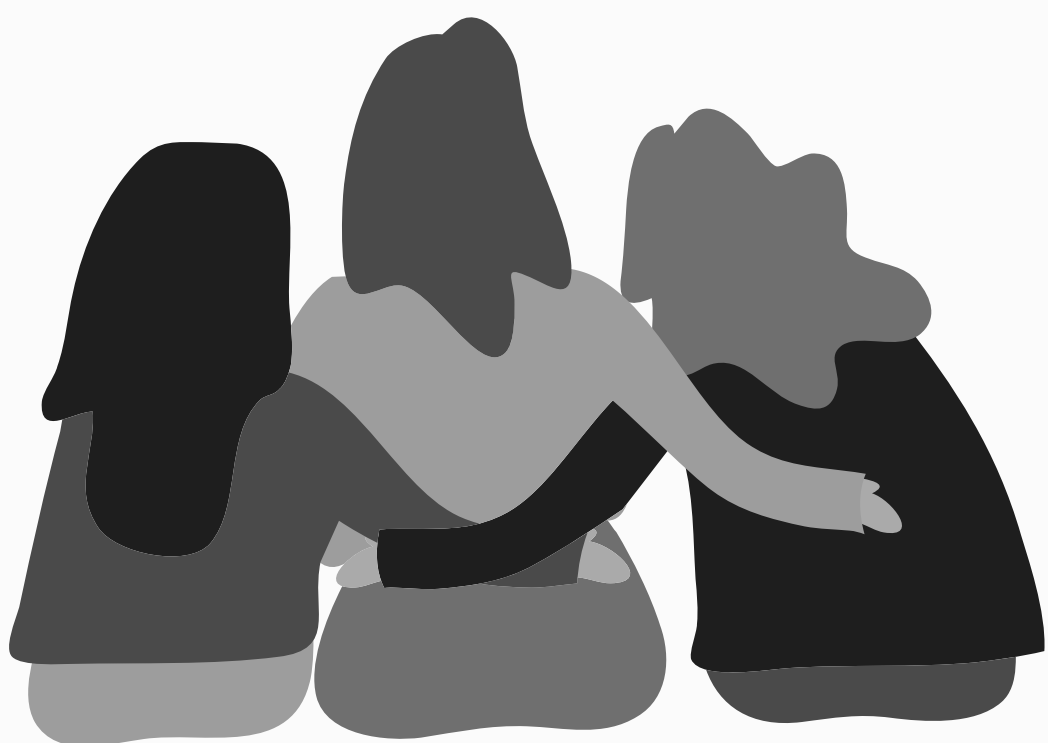
## If You're Being Abused

- 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](http://kidshelpphone.ca) or  
text 68 68 68

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

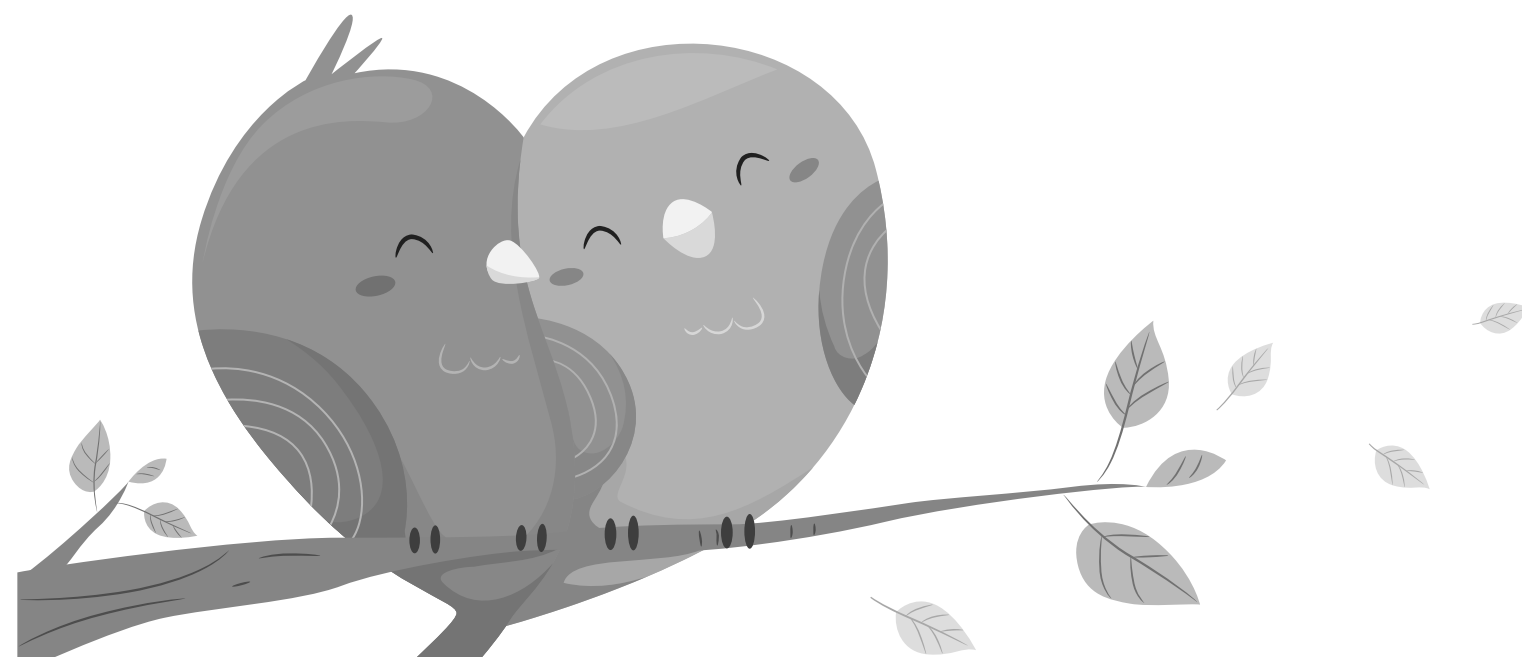
Teen Clinic: Find one at [teenclinic.ca](http://teenclinic.ca)

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

[teentalk.ca](http://teentalk.ca): Check out the dating  
violence information.

[whiteribbon.com](http://whiteribbon.com): Men and boys  
working to end violence against  
women.

[loveisrespect.org](http://loveisrespect.org): Information about  
abuse and relationships.



167 Sherbrook Street, Winnipeg, MB R3C 2B7 | 204-982-7800  
[www.teentalk.ca](http://www.teentalk.ca) | [serc.mb.ca](http://serc.mb.ca) | [info@serc.mb.ca](mailto:info@serc.mb.ca)

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