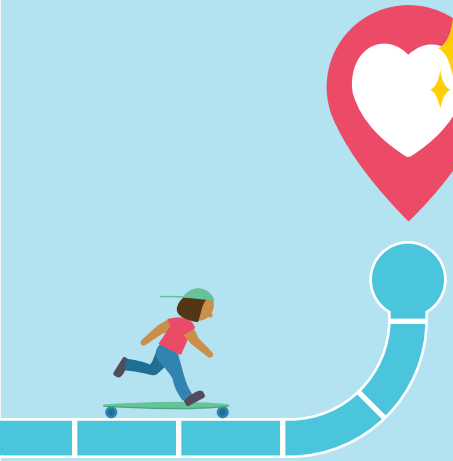
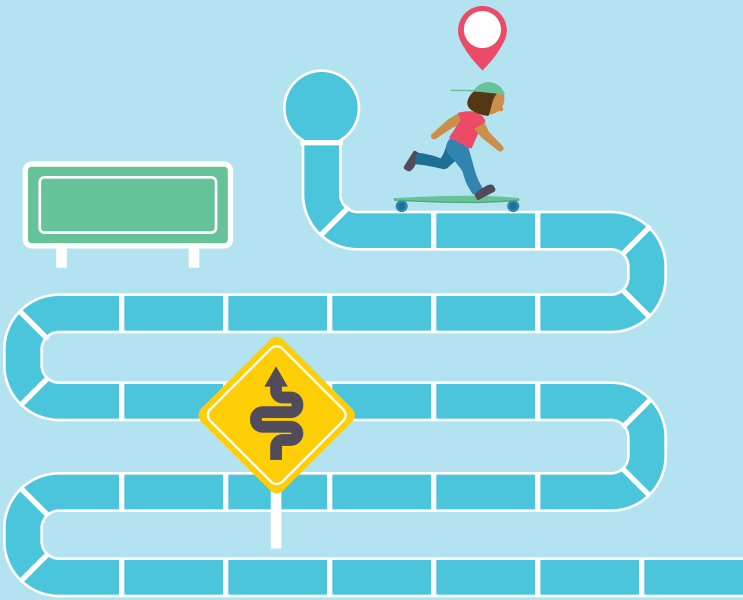
YWCA CANADA | WEEK WITHOUT VIOLENCE

IS OUR RELATIONSHIP HEALTHY?

Take our quiz to find out!





***** CONSIDER PASSING THIS ONTO A FRIEND BEFORE RECYCLING *****

START: Your Location

END: Healthy Relationships

ASK YOURSELF - "IS THIS RELATIONSHIP GOOD FOR ME?"

Have you ever been in a relationship with a friend or significant other (someone who is your boyfriend, girlfriend, friend with benefits, partner, etc.) that didn't always feel right?

Our relationships can be fun, exciting, and rewarding, but sometimes they can become unhealthy. And you always deserve respect and to be safe. Our relationships can be tough to navigate, so we made you a Road Map to Healthier Relationships. And some places to get help if you're in an unhealthy zone.

WHAT DOES IT LOOK AND FEEL LIKE WHEN MY RELATIONSHIPS ARE 'HEALTHY'?

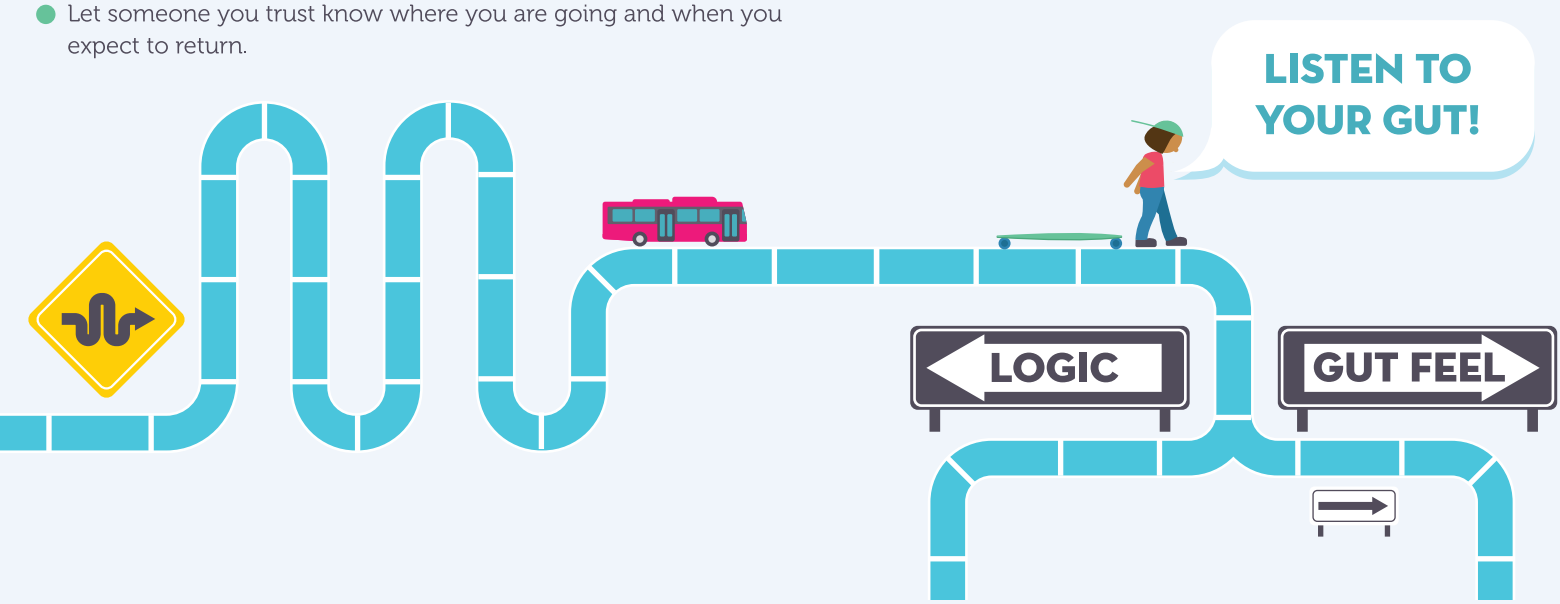
This answer changes depending on who you ask, but in general both of you...

- feel good about your relationship and don't put each other down;
- have your own likes and dislikes alongside your similarities;
- can talk about your wants and needs in ways that do not hurt each other;
- have fun with each other and with other people, you don't prevent each other from having other friends;
- are good to each other, not hurting one another purposefully, either physically or emotionally;
- feel comfortable and safe with each other.
- have fully and freely given consent to what is happening...

OUR ROMANTIC RELATIONSHIPS AND FRIENDSHIPS START SOMEWHERE.

Here are some safety tips for becoming involved in both! You can look online for more as well.

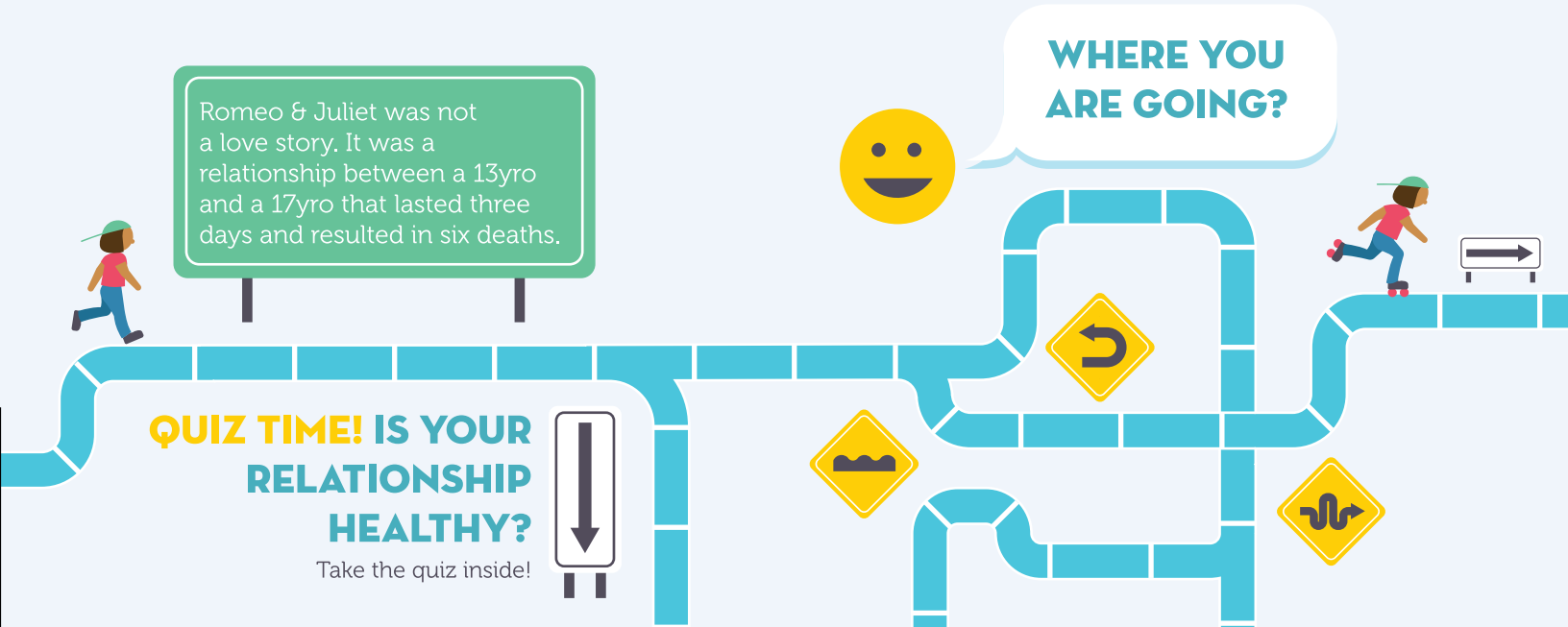
- Be assertive in what you are and are not comfortable with. Be aware of your surroundings.
- Keep safe and meet in public places for the first few dates or double date! Restaurants, the movies, or a park, are all great date ideas. Stay safe, even if you already know this person through school or a friend.
- Let someone you trust know where you are going and when you expect to return.
- Have a backup plan to get home: if you have a phone, make sure it is charged . Have your own money in case you need to take a bus or taxi (310-TAXI) quickly. Have a friend, parent or someone you trust on standby to pick you up. Or, consider using an app for a ride service that is attached to a bank or credit card.
- While we are not responsible for the actions of others, keeping our drinks in our hands and being aware of how much we are drinking are wise things to do.
- Use yours smarts! If something doesn't feel right, always trust your instincts.



WAIT - WHAT IS CONSENT?

Giving "consent" is when you agree, by your own choice and not out of fear, pressure, or guilt, to participate in sexual activities like penetrative or oral sex, foreplay, and even kissing! If someone does not give consent, for example they say "no", or do not answer, or have taken drugs/drinking, if the sexual activities are continued it is assault which is a serious crime. It is important to remember that even if you said YES in the beginning, you and the other person can say NO / STOP at any point.

When we hear the word "relationship," we often think of romantic relationships, but we also have relationships with our friends, family, teachers, coaches, and co-workers. Relationships are a big part of your life so it's important they're healthy ones! Do the quiz to help you see the signs of a healthy vs. unhealthy relationship so that you can know when to work on it or leave it. Step one: remember that working through the bumpy parts of relationships may be hard and awkward, but it is part of taking care of yourself. It's important to remember that an unhealthy relationship can happen to people of any gender, race, age, and sexual orientation.



QUIZ TIME! IS YOUR RELATIONSHIP HEALTHY?

Take the quiz inside!

HEALTHY RELATIONSHIP QUIZ

Did you rarely fight and now you never agree? Did you feel loved and close with someone but now you feel alone or scared? Let's go further. Think of a relationship with a friend, parent, significant other, and ask if they...

TECHNOLOGICAL

- [ ] Criticize or embarrass you online
- [ ] Threaten to or share pictures you have sent in confidence; this includes nude/partially nude or a photo that you wouldn't want in public or shared
- [ ] Record you without your consent
- [ ] Have photo-edited you into/onto images that make you feel uncomfortable
- [ ] Upload photos or videos of you without your permission, or pressure you to do so
- [ ] Command you to share your location
- [ ] Pressure you to share your passwords
- [ ] Try to control what you share or post online

EMOTIONAL/MENTAL

- [ ] Act extremely jealous and try to control your behaviour
- [ ] Guilt, scare, ignore or intimidate you
- [ ] Threaten to share your secrets and/or invade your off and online privacy
- [ ] Control what you wear or how you look
- [ ] Ridicule or force you to change your beliefs, religion, or spirituality
- [ ] Keep you from seeing family or friends
- [ ] Treat you badly or humiliate you in private or in front of others
- [ ] Make threats against you or someone you care about

VERBAL

- [ ] Have problems controlling their temper
- [ ] Accuse or blame you for things
- [ ] Call you names
- [ ] Commanding you to do things as a way of controlling you
- [ ] Talking about you or your body in ways that make you uncomfortable

FINANCIAL

- [ ] Take or steal your money or things
- [ ] Make you pay for things through guilt
- [ ] Control what you do and don't buy
- [ ] Ask for your bank account details/ PIN or control your bank account

RACIAL

- [ ] Undervalue, shame or make comments about your race
- [ ] Threaten your immigration status
- [ ] Use culture or identity as an excuse for other types of abuse or behaviour

PHYSICAL

- [ ] Threaten to use or use physical violence like scratching, hitting or slapping, pushing, holding you against your will or strangling you
- [ ] Grab or pull your hair or clothing
- [ ] Throw objects at you
- [ ] Smack or touch your butt without your permission or consent
- [ ] Force you to eat/drink or take a substance you don't want (weed, alcohol, pork, etc)
- [ ] Grab you to prevent you from leaving or to force you to go somewhere

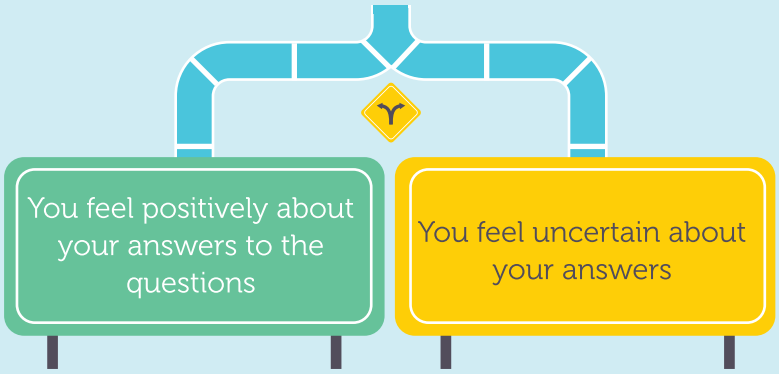
SEXUAL

- [ ] Insist or force you to do something sexual that you don't want to do or feel unsure of, from general touching to sex
- [ ] Force you to engage in prostitution/sex work or pornography, web cam activity or to be physical with someone else against your will
- [ ] Refuse to use safe sex practices like condoms
- [ ] Take a condom off during sex without your consent (stealthing)
- [ ] Prevent you from using or forcing you to use birth control
- [ ] Control your decisions about pregnancy and/or abortion
- [ ] Withhold sex or affection as a form of control
- [ ] Post video or photos of sexual acts without your permission

Some of the items above are unhealthy behaviours, but some are against the law.

Relationships generally start as healthy and can shift into something else. While it can be hard to think of or come to admit that someone you care about is not treating you with respect, you always deserve respect from the people around you. When you are being hurt in a relationship it is time to leave, even if a bad situation happened only one time. And it is okay, to not go back.

YOU ASKED THE QUESTIONS, NOW WHICH ROAD ARE YOU ON?



HEALTHY RELATIONSHIP!

Both of you are putting time and effort into it. You are a team.

POTENTIALLY IN AN UNHEALTHY ZONE.

You may not be okay with the answers. Your next step is reaching out for help or more information. You are not alone in this. Maps to help are to the right.

WARNING: MAJOR RISK AHEAD

If you are in an unhealthy relationship, it could take a turn toward abuse. Abuse can happen multiple times in multiple ways, but a single incident of assault (an attack) is also considered abuse. However, abuse does not only mean physical violence:

- Sometimes you can see it – being hit, slapped or pushed around;
- But it can also leave no physical marks; abuse can be emotional, verbal and psychological, this includes but isn't limited to, insulting someone, stalking or controlling them;
- Abuse includes making you or the other person feel scared or worthless;
- Abuse can include forcing someone into sexual behaviour against their will.

REMEMBER

If you are in an unhealthy/abusive relationship, you can still be having fun and feel happy sometimes. Imagine a roller coaster; ultimate highs followed by equally intense lows often happening in a repeating cycle.

The other person's words and actions are not your fault. Their words and actions are their responsibility and choice. They are most probably not showing everyone this harmful side of their personality, you are the one experiencing the behavior. Your experience is valid.

You can call us, your local YWCA, and get more information by visiting **www.ywcacanada.ca** or check out our list of resources either online or below.

WHAT HELP CAN LOOK LIKE:

For information about **who we are** and what we do, check out: www.ywcacanada.ca. For more information about why we put together this resource, www.weekwithoutviolence.ca is a great place to start! To learn about your **rights**: www.ywcarightsguide.ca

If you **need to talk** to someone about things going on in your life you can call Kids Help Phone at 1-800- 668- 6868. https://kidshelpphone.ca/

For **mental health** help check out: www.ementalhealth.ca

If you are thinking about **suicide**, please got to https://suicideprevention.ca/need-help/, to find out who to call in your area.

If you are thinking about **running away** or already have, you can contact http://operationcomehome.ca/programs/reunite/ to learn more about what to do next.

For **LBGTQ** services contact 1-888-530-6777 or the website http://pflagcanada.ca/

For **trans** folks you can also use this hotline and website:
(877) 330 - 6366 and https://www.translifeline.org/

Childhelp National **Child Abuse** Hotline (170 languages, 24/7) 1-800-4ACHILD or 1-800-422-4453

If you need a **safer place to stay**, visit http://www.sheltersafe.ca/ for a shelter near you.

Action Canada for **Sexual Health and Rights**: https://www.actioncanadashr.org

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