



## HEALTHY or UNHEALTHY?



Having a partner (boyfriend/girlfriend) can be an exciting and important time in your life. If your relationship with your partner is a **HEALTHY** one, you and your partner will feel good about yourselves and value each other. However, sometimes relationships can be **HURTFUL** and have a negative effect on your feelings of self worth and self-confidence. This can happen if your partner is abusive towards you. If this is the case, you are in an **UNHEALTHY** relationship. Remember, being on your own is also a healthy way to be. Having a partner is not a necessary part of life. Discovering life for yourself can be exciting and rewarding.

### What is abuse?

Abuse is being hit, slapped or pushed around. It can also be invisible and leave no marks. Emotional and verbal abuse can be terrifying and equally dangerous.

### Does your relationship include abuse?

You may feel that it's your fault if things aren't working out. Sometimes living with the abuse seems better than being alone. You may hope that your partner will change and the abuse will stop – chances are, things will get worse! This happens to many people – you are not alone and **IT'S NOT YOUR FAULT!** Remember, all forms of abuse are attempts to control. **TAKE CONTROL OF YOUR LIFE, BE YOURSELF, TAKE CHARGE!**

## relationship

# QUIZ

In a relationship, have you ever experienced:

1. physical violence? YES  NO
2. threats that your partner will leave you if you don't do what he/she asks? YES  NO
3. being kept away from family and friends? YES  NO
4. not being allowed to look at or speak to other males/females? YES  NO
5. having to justify your whereabouts? YES  NO
6. your partner using guilt trips to get his/her own way? YES  NO
7. not being able to go out without your partner? YES  NO
8. any put-downs about your physical appearance? YES  NO
9. your partner never being satisfied with you? YES  NO
10. fear or intimidation by your partner? YES  NO
11. being treated badly or humiliated in front of your friends or family? YES  NO

If you answered YES to one or more questions, you may be in an unhealthy relationship.

## Tips for Safer Dating

Tell someone where you're going and with whom.

Meet in public places for the first few dates.

Have transportation or money for the bus, taxi and phone.

Be able to call a taxi: know the address of where you are.

State your limits.  
Know how far you want to go.

Have a safety plan.

Avoid alcohol and never leave your drink unattended.

Pay your own way: be independent.

Get to know your date. Are your date's values similar to yours?

In a long term dating situation, keep in touch with your family and friends.

Trust your instincts.

### Contact List

Call 911 or your local police immediately if you are in danger.

The Assaulted Women's Helpline (24 hours)  
1-866-863-0511 (toll-free), 1-866-863-7868 (TTY), 416-863-0511 (Toronto)

Women's Shelters  
Go to [www.shelternet.ca](http://www.shelternet.ca) or look in your local telephone book.

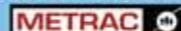
Kids Help Phone: 1-800-668-6868 (24 hours)

### Thanks to:

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705.743.3526 or 1.800.461.7656 (TTY Accessible).

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Metropolitan Action Committee on Violence Against Women and Children  
Phone 416.392.3135 or 1.877.558.5570 | 416-392-3031 (TTY) Fax 416.392.3136  
email: [info@metrac.org](mailto:info@metrac.org) [www.metrac.org](http://www.metrac.org) [www.owjn.org](http://www.owjn.org)

Local Resources:

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 Ontario

# ARE YOU

# COOL?



# ARE YOU COOL?

## Is your relationship healthy?

Find your relationship on the thermometer...

### How COOL Are You?

- 
- Physical Abuse** – Does your partner slap, push or kick you?
- Sexual Abuse** – Does your partner force you to be involved in sex against your will?
- Financial Abuse** – Does your partner control all the money and how it's spent?
- Threats & Intimidation** – Does your partner threaten to hurt you, your family, friends, pets or scare you with looks, actions or suicidal behaviour?
- Emotional & Verbal Abuse** – Does your partner shout, yell, put you down, call you names or make you feel badly about yourself?
- Isolation** – Does your partner control where you go and when or keep you from family and friends?
- Blame & Denial** – Does your partner blame you for making the abuse happen, avoid personal responsibility or deny that there is a problem?
- Jealousy** – Does your partner check up on you or act jealously or possessively towards you?
- Control** – Does your partner boss you around, give orders, or make all the decisions?
- Criticism** – Does your partner criticize your appearance, your ideas, your family and your friends, or purposely embarrass you in front of others?
- Fear** – Does your partner have a quick temper, a history of mistreating others, threaten suicide or make you feel afraid?
- Force** – Does your partner force you to do things that you don't want to do and make you feel guilty if you disagree?
- Responsibility** – Do you and your partner make decisions and solve problems or conflicts together?
- Trust** – Do you and your partner respect each other's feelings, wishes and opinions and do you support each other?
- Honesty** – Do you and your partner accept responsibility for your actions, admit when you are wrong and talk openly and honestly with each other?
- Fairness** – Do you and your partner work through conflict so that both of you are satisfied and are you each willing to compromise?
- No Threats** – Do you and your partner talk, act and resolve conflicts in ways that make you both feel comfortable and safe?
- Financial Partnership** – Do you and your partner share financial decisions and responsibilities?
- Respect** – Do you and your partner respect each other's feelings, opinions and differences?

DANGER!

WARNING

HEALTHY