

## What if I am being abused?

- Talk to a friend or someone else you trust.
- Make a safety plan for school, work, and home. You can ask a counsellor for help on this.
- If in immediate physical danger, call the police.
- Document all activity of threats or stalking behavior

## What if a friend is being abused?

- Listen and be supportive, let them know it is NOT their fault.
- Let them make their own decisions. Keep in mind they may still love their boyfriend/girlfriend so let them know you are there for them.
- Suggest your friend talk to an adult they trust.
- Do not share private information about your friend with others without their consent unless... your friend is in danger, talk to an adult.

## For More Information

- Talk to a Community Service Provider like a health care worker or school counsellor

For Confidential Help Call:

- Kids Help Phone: 1-800-668-6868



SCO Winnipeg Sub-Office

Phone: 204-946-1869

Toll Free: 1-866-876-9701

[www.scoinc.mb.ca](http://www.scoinc.mb.ca)

# LOVE...



Is this what  
it looks  
like?



## SAY NO TO VIOLENCE!

### Healthy Youth Relationships

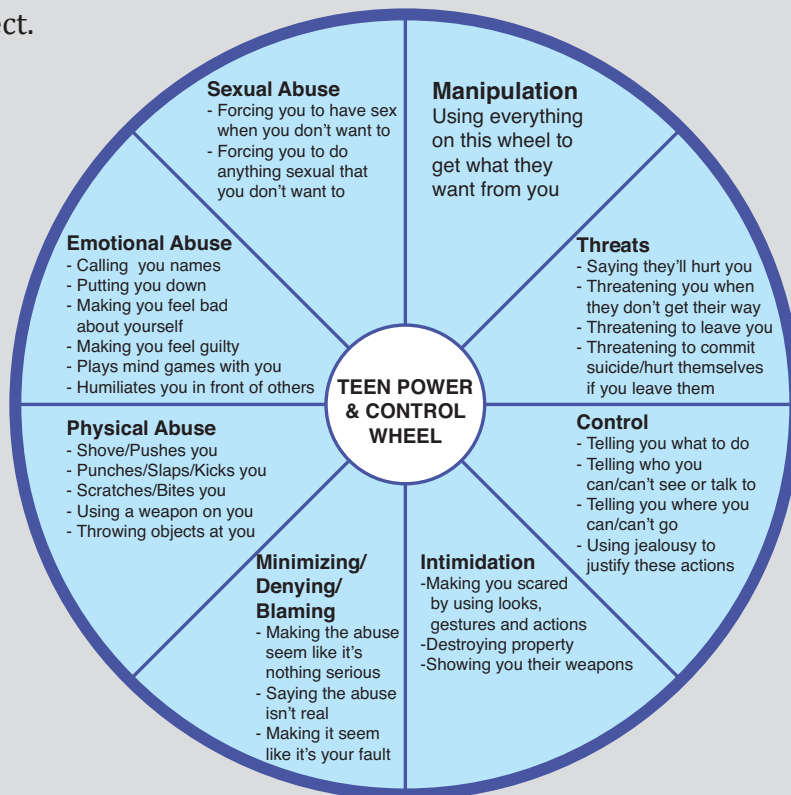
## What is Violence?

**Any form of Emotional, Sexual and/or Physical abuse against the other person in a relationship.**

**Emotional:** When someone always attacks on another's identity and self-esteem. Includes Name Calling, threatening, ignoring, humiliating, isolating you from friends and family, jealousy, possessiveness, destroying personal items, manipulating.

**Sexual:** When someone forces a sexual act on another without their consent. Includes kissing, touching, fondling, being forced to pose for pictures or to view pictures and all other sexual acts.

**Physical:** When someone uses force or threats to control the behavior of another. Includes pushing, shoving, slapping, hair pulling, punching, kicking, spitting, choking, and use of a weapon or object.



## Am I Abusive?

- Do you feel you should be in charge and have control in your relationship and over your partner?
- Do you blame you partner when you are angry?
- Do you insult your partner?
- Do you prevent your partner from doing things without you, like seeing friends or family?
- Is your partner not allowed to talk to certain people?
- Do you monitor their phone and social media?
- Do you demand to know where your partner is at all times?
- Do you control the way you partner dresses?
- Have you ever thrown things at your partner or pushed, hit, or hurt them in any way?

**You can get help for abusive behavior. Talk to someone you trust to help you. Counselling may be recommended for dealing with this behavior. Change is Possible!**

## Healthy Relationships

In a Healthy Relationship couples:

- Spend time together and apart
- Communicate their feelings openly
- Trust each other
- Respect the other's choices
- Sensitive to other's feelings
- Are honest with each other

*No one  
deserves  
to be abused  
or violated.*