

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

LOVE...



Is this what
it looks
like?



SAY NO TO VIOLENCE!

Healthy Youth Relationships

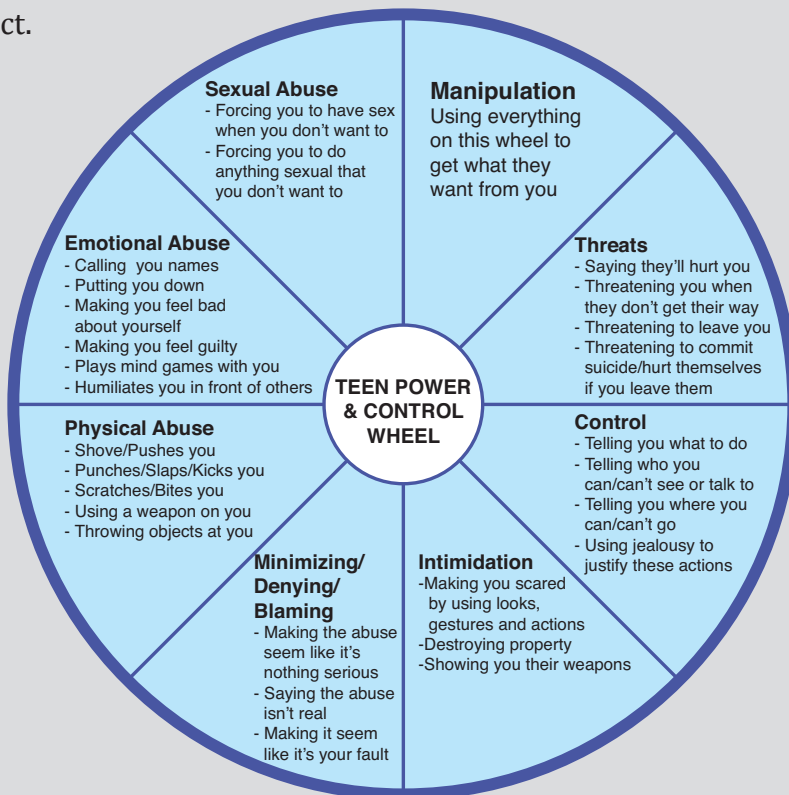
What is Violence?

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.*