

HEALTHY RELATIONSHIPS ARE NOT ABUSIVE

MAKE THE LEAP: LEARN TO IDENTIFY ABUSIVE BEHAVIOUR IN RELATIONSHIPS.

Most acts of sexual violence involve people who know each other, including people in any type of relationship. Research shows that in 80% of reported sexual assault cases, the assailant is a friend or family member.¹

WHAT IS A HEALTHY RELATIONSHIP?²

- You make decisions together.
- It's ok to disagree with each other.
- You cooperate with each other, there is give and take.
- You have other friendships, family and activities in your life.
- You feel comfortable and safe with your partner.
- It's mutual - you respect your partner and your partner respects you.
- Communication is open and honest.
- Intimacy is pleasant for both of you.
- There is NO abuse, violence or harassment.
- There is clear consent for any and all sexual activity.

However, in some relationships, a partner may sexually abuse or harass their partner.

IS IT ABUSIVE? HERE ARE SOME EXAMPLES:

- Telling you that you are fat.
- Expecting you to have sex just because he/she wants to.
- Making you pay for everything even though your partner has a job.
- Being forced to touch when you don't want to.
- Yelling at you.
- Demanding you take a naked picture of yourself and send it.
- Not letting you go to your best friend's party.
- Checking up on texts on your phone.
- Giving you the silent treatment.
- Making you feel guilty for not wanting sex.
- Hitting, pushing, shoving, etc.
- Confining you.
- Rape or forced sexual activity.

All of these are forms of abusive controlling behaviour. Abuse can be physical, sexual, emotional or financial. All forms of abuse cause harm and damage relationships. In every relationship you should be treated with respect. You have a right to feel safe.

Talk to someone you trust if these problems happen in your relationship. You can also find help at your local sexual assault centre or on the kid's phone helpline.

¹ See Stats Canada: <https://www.sexassault.ca/statistics.htm>

² Adapted from Ontario Coalition of Rape Crisis Centres: Healthy Relationships resource page