

Healthy Relationships & Consent



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Relationships

Healthy relationships take time to get right. This book focuses on developing positive relationships with friends, family members, romantic partners, co-workers and anyone you may encounter in your life. Relationships can be as casual as an acquaintance you meet on the street or as big as the love of your life where you share the most intimate details.

Here you will learn some great ways to express your love and caring for another person. You will also learn to recognize some unhealthy ways people express control, anger and hurt.

Relationships are not easy all the time but the good should outweigh the bad and no one should ever feel unsafe or scared in their relationships.

Understanding Healthy Relationships

They Love Me

Qualities of a healthy relationship.

Makes me feel safe
Makes me feel comfortable
Listens to me
Values my opinion
Supports my goals
Is truthful with me
I can be myself around them
Admits to being wrong
Respects me
Always tries to understand how I feel
Likes that I have other friends
Makes me laugh
Trusts me
We share our concerns
Treats me as an equal
Respects my family
Understands my need for time alone or with family
Accepts me as I am
I feel good about myself when around them

Everyone deserves to be loved.

They Love Me Not

Signs someone may be a victim of abuse.

Makes me feel afraid
Is possessive
Is always "checking up" on me
Is sexually demanding
Teases, bullies and puts me down
Bothers me
Gets violent, loses temper quickly
Tries to control me
I feel sad, angry, scared or worried
I feel like I need to be someone that I'm not
I don't want to share my thoughts or concerns with them
Keeps me from seeing my friends and family
Makes all the decisions
Hits me
Takes my money and other things
Always blames me
Threatens to leave me if I don't do what I'm told

You are not alone...
Call for help now!

Types of Relationships

There are many types of relationships. We will be mostly talking about intimate partners in this book, but most of the information can transfer over to all kinds of relationships. Each relationship is unique and important. Some define our sexuality, some are defined by distance, others by a certain commitment level. All relationships require key things to work. Trust, communication, respect, consent and companionship/intimacy to varying degrees are all important in maintaining good relationships. A relationship is not healthy if there is violence, abuse, no consent or everything is one-sided.

Friends
Dating Son Friends
Teacher Friend with Benefits
Wife & Husband Mother
Open Relationship Daughter
Family Lovers Partners
Best Friend Common-Law Elder Boyfriend & Boyfriend
Boyfriend & Girlfriend Wife & Wife
Husband & Husband Grandfather
Uncle Long Distance
Girlfriend & Girlfriend Co-Worker
One Night Stand Many, Many More...
Seeing each other

Quick Note on Gender

Why should I learn about gender and sexuality when talking about healthy relationships?

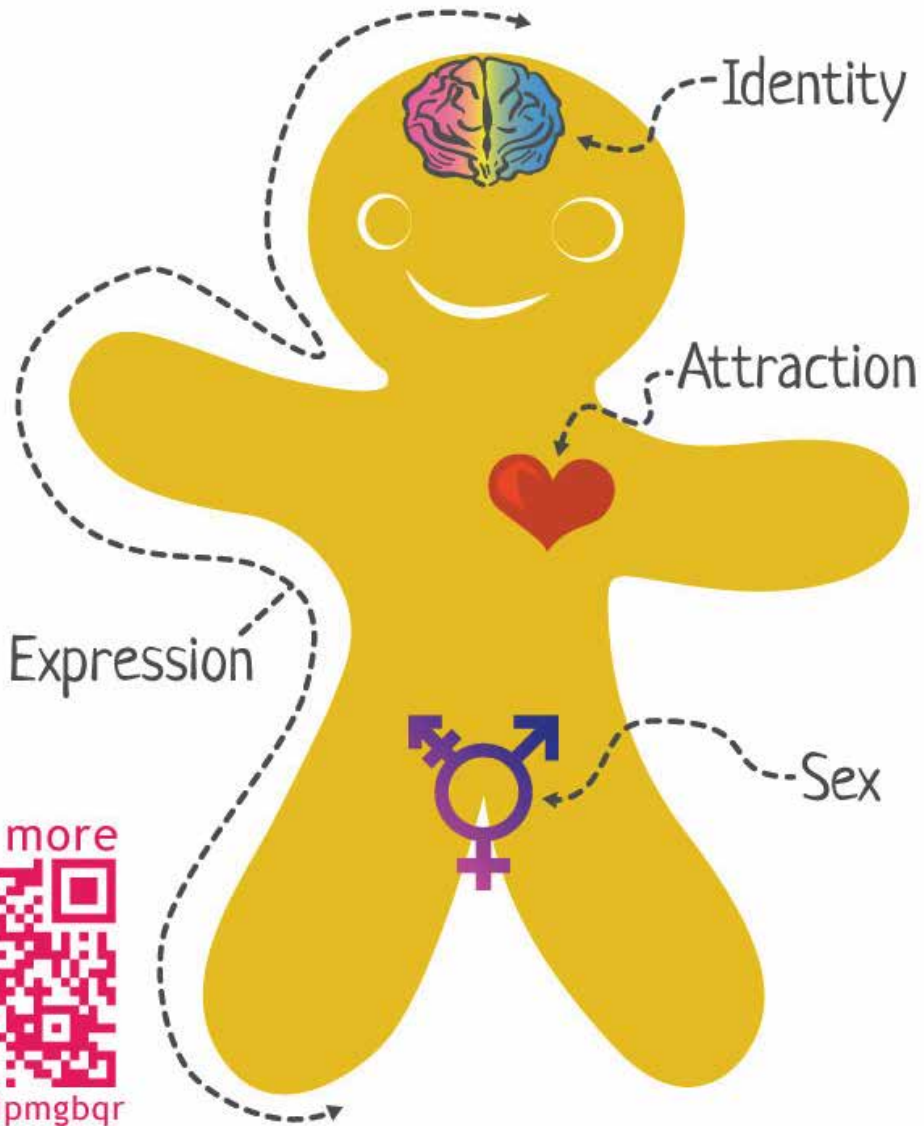
Respect is a key component to loving someone. This is important for all levels of relationships from friends, to family, to lovers. By using the proper pronouns, understanding a little more about their gender expression and how they view attraction, you can show respect and learn more about the person you care about.

Gender and sexuality are very complex and cannot be summed up in a simple statement or diagram. No one is an expert on anyone else. Learning more is a great way to show you care and are willing to accept others for who they are. We all mess up, and we have all said or done things that we didn't know were hurting people in the past, but from this moment on you can make a promise to be open and start correcting a long-standing bad habit. You can change the way you see the women around you and their roles in society. You can tell people you don't like sexist jokes. You can introduce yourself as "Hi, I'm _____ I use _____ pronouns", so that others feel comfortable talking about theirs. What may seem like a little thing to you can make a big difference to someone else.

The Genderbread Person

by its pronounced METROsexual.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for understanding. It's okay if you're hungry for more.



read more



bit.ly/ipmgbqr

Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread

4 (of infinite) possible plot and label combos

Gender Identity

How you, in your head, define your gender, based on how much you align (or don't align) with what you understand to be the options for gender.

Indicates a lack of what's on the right.

Woman-ness

Man-ness

"woman"

"man"

"two-spirit"

"genderqueer"

Gender Expression

The ways you present gender; through your actions, dress, and demeanor; and how those presentations are interpreted based on gender norms.

Feminine

Masculine

"butch"

"femme"

"androgynous"

"gender neutral"

Biological Sex

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Female-ness

Male-ness

"male"

"female"

"intersex"

"MTF Female"

Sexually Attracted to

Nobody {

(Women/Females/Femininity)

(Men/Males/Masculinity)

Romantically Attracted to

Nobody {

(Women/Females/Femininity)

(Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>

Ron & Hermione: A Healthy Start

Harry Potter Series

Ron and Hermione's relationship shows how a relationship that starts off slow and allows two people to adapt to each other can last. With time they learn more about each other and develop a healthy communication style.

Though not everything in their relationship is healthy at the beginning, they both work on attributes that allow them to grow together rather than apart and learn from their mistakes.

Below are a few examples of how Ron and Hermione developed a healthy relationship throughout the Harry Potter novels:

- They don't change who they are but learn how to be with each other in a respectful way;
- Hermione supports Ron through difficult times;
- Ron supports Hermione through difficult times;
- Hermione helps Ron with his school work, encourages him to do things he needs more confidence in, and understands his limitations;
- Ron compliments Hermione when she seems unsure or concerned about something she does not have control over;
- Hermione and Ron have arguments at the beginning of their friendship but once their relationship grows they learn how to communicate with each other constructively;
- Both are concerned about the other's well being and would never intentionally do the other any harm physically or emotionally;
- Their relationship is built on friendship and understanding as opposed to just physical attraction;
- Ron learns healthier ways to deal with his temper/jealousy as he grows up by acknowledging his feelings; and
- When someone says something bad about their partner, they defend the other person.



Lily & Marshall: A Love that Lasts

How I Met Your Mother TV Series

While these college sweethearts are devoted to each other, they have had to overcome their share of challenges. Lily's credit card debt and dislike of Marshall's mother added stress to their relationship, while Marshall's occasional workaholic tendencies keep them from being as connected as they wanted.

Though it was love at first sight and the romance took off quickly, Lily called off their engagement to move to San Francisco to pursue her artistic interests, staying true to herself. They were separated for six months and began dating again while working through their problems together. Lily supports Marshall in his move from a high paying job to his dream job: helping the environment. Eventually they get married and have a family together.



Below are a few examples of how Lily and Marshall developed a strong relationship throughout the "How I Met Your Mother" TV series:

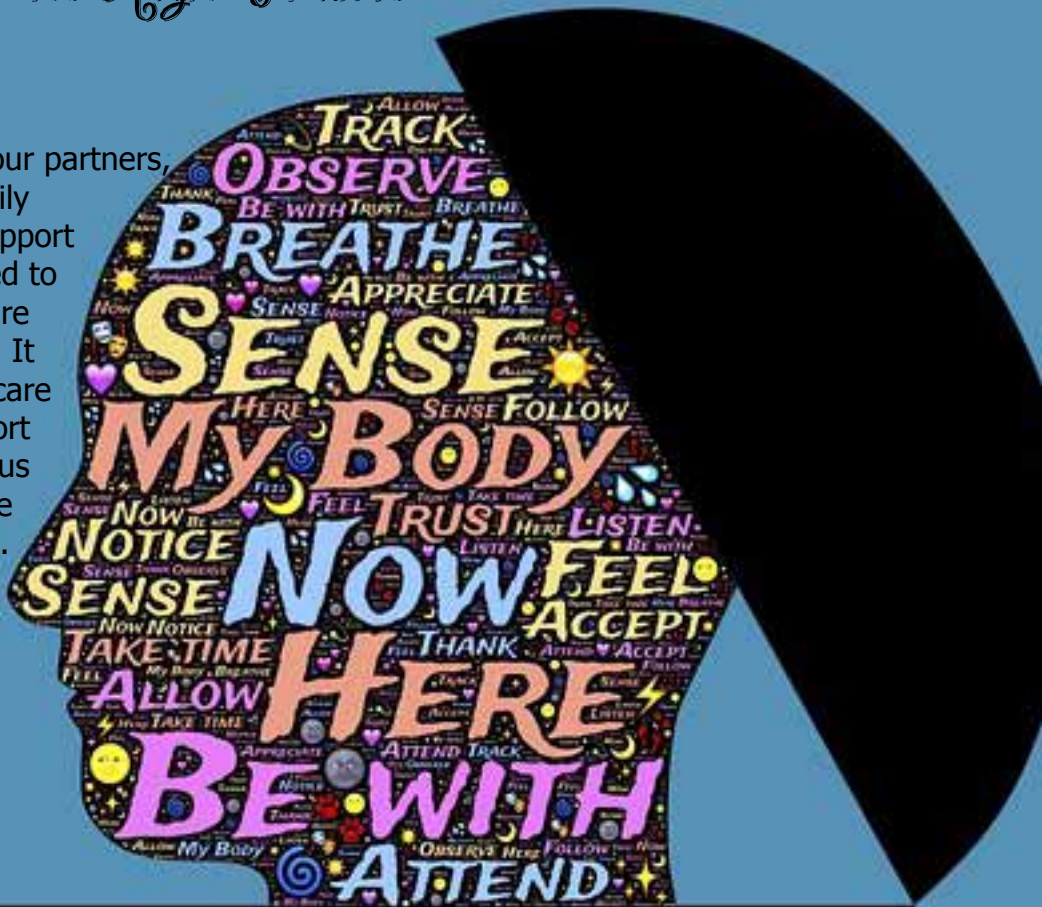
- Whenever they have disagreements they remain respectful of each other and try to keep the other person true to their own morals/values. One does not come before the other but they come to a mutually agreeable solution over time;
- They focus on the problem not the person. They break down the problem into manageable pieces and do not berate the person or place unrealistic expectations on their partner;
- They are very open with communication and have the hard conversations to make their relationship stronger;
- They communicate clear boundaries and have candid discussions about what is on the table and what is off, even when emotions are high;
- Both partners' physical needs are met with enthusiasm and at the level that each person is comfortable with;
- At one point they have separate beds for a while to accommodate their own personal quirks and then discuss changes as they become aware of the effects;
- They support each other as individual people in a relationship together. They are not two that become one and forget who they were, but two people working together to bring the best out of each other; and
- They develop little rules that help each be mindful of the other's wants, needs and current emotional state.

All About Me

Why in a relationship book would you want to talk all about me? Well, you are the only person that you are in control of. You can choose how you react to situations, in some cases how you feel, and only you are in control of your actions. If you are not in a good space to start out then being in a healthy relationship is going to be harder.

Getting in the Right Frame of Mind

We all lean on our partners, friends and family members for support but we also need to make sure we are there for them. It shows that we care about the support they are giving us because we care about ourselves.



**Practice
Being
Present**

Life Map

Sometimes it is hard to find balance and healthy supports in your life. On the next page put a person's name or support that is a positive influence in your life. Don't worry if you can't think of one. That just means you can look for help in that area.

FRIENDS

WORK

HOBBIES

FAMILY

YOU

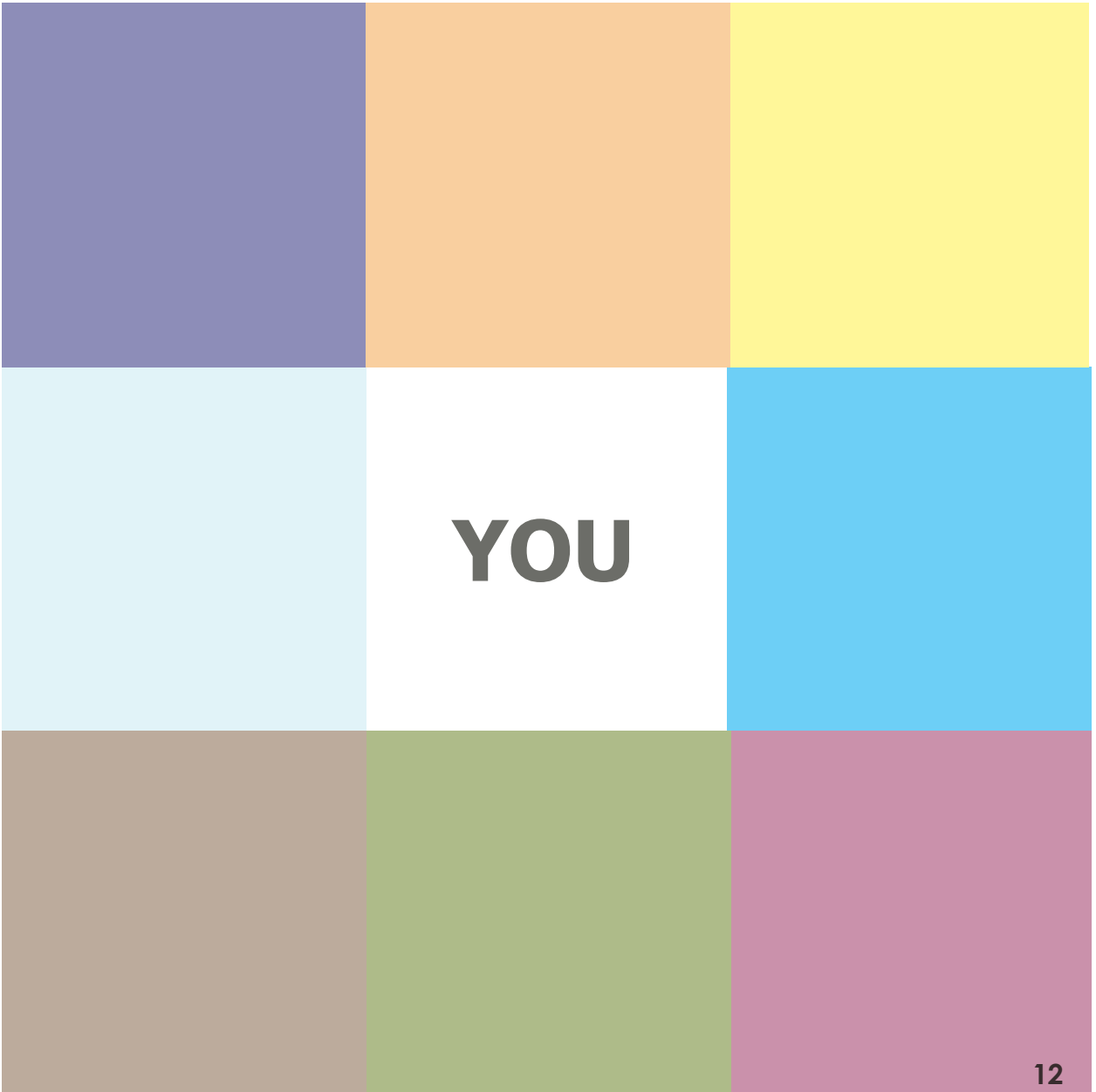
OTHERS

**FAITH
or
SPIRIT**

**SCHOOL
or
LEARNING**

**PARTNER
or
CLOSE
FRIEND**

My Life Map



Self Builders

Affirmations are statements that we tell ourselves every day. They affect how we think and feel. If you use negative affirmations all the time, you tend to feel more negative.

Try changing your thinking by telling yourself positive affirmations.

Every time you think something negative about yourself, try saying two positive things afterward.

You will be amazed with the results if you stick with it.

The way to use affirmations is to repeat them on a daily basis so that they sink into your subconscious.

These are my affirmations I will say each time I look in the mirror.

1)

2)

3)

Two examples of positive self affirmations:

1. I radiate love and happiness.
2. I can do whatever I set my mind to.

Things that make me feel good are:

1)

2)

3)

4)

5)

How I feel:

When I get a question right: _____

When someone calls me pretty: _____

When I'm alone: _____

When someone calls me stupid: _____

When I succeed at something: _____

When someone cares about me: _____



How do I ask for help?

Everyone needs help from others sometimes. A person on their healing journey once said, "OH! I get it now! Healthy people ask for help!" Confident and courageous people are aware of the problems in their lives and seek help and support from others. This can be really difficult if we are afraid of what others will think. Often, we are encouraged in subtle and not-so-subtle ways to keep our pain quiet. Sometimes we think we are the only ones who suffer with our problems. You are not alone. There is healing, there is hope.

There are lots of resources in this booklet to let you know who to contact. Reach out.

What if someone hurt me?

Relationships with others are our biggest source of happiness and pain in life. If someone has abused you physically, emotionally, mentally, spiritually, sexually, or financially, it is not your fault. We do affect other people with how we act and what we say. People can (and do) make us feel hurt, scared, or angry. How we respond to those feelings is a choice. If you feel angry, you can make the choice to walk away rather than yell or hit. If someone has behaved abusively towards you, it was their choice and is not your fault. How you respond is your choice. Many people who have behaved abusively continue to do so if they do not get help. Often, it can get much worse. If you are concerned about someone's behaviour towards you, reach out. There are many ways to find safety for yourself and your children. Find someone who will take you seriously. It could be a friend, an elder, a family member, an RCMP officer, a victim services worker, a church member, a shelter worker, or a counsellor. If someone is hurting you and the first person you tell doesn't listen, keep telling people until you find someone who can offer you safety and support.

What if I have hurt someone I love?

Everyone makes mistakes. Relationships can be difficult and sometimes we hurt those we love. The mistake can be a small one, such as getting home late without calling, or much bigger, like yelling or hitting when someone says something we don't like. Any mistake causes damage to the trust and safety of the relationship. It can even hurt others for a long time, like children and other family members. We can choose to learn from our past mistakes and work towards healing. The first step is to take responsibility and acknowledge it was our choice rather than blaming others or ignoring it. If we ignore the past, we will repeat the same mistakes and many times things get worse. It's okay to feel bad about making mistakes. Feeling bad shows that this is not what you want to do. It is also important to listen to the person you hurt, without becoming defensive. By listening well you can understand why they are upset, and work on repairing the trust. Sometimes if the mistake is very hurtful it can be a long time before the person can talk to us, if they will ever talk to us again. If you have made mistakes in relationships, it is possible to learn different ways of dealing with problems. Reach out and ask for help. You can choose to learn from mistakes rather than repeat them. You can stop the cycle.

5 Foundations for Healthy Relationships

Healthy relationships come in all shapes and sizes. You and your partner may be of the same or different cultural backgrounds. You may be of the same or different genders. Your relationship may or may not include sexual activity. But all healthy intimate relationships have **FIVE** things in common:

Trust

You trust each other. This does not mean that you never, ever feel jealousy, but that you do not feel suspicious about your partner's intentions, actions or feelings.

Communication

You openly talk about your concerns and listen to what the other person has to say before responding to them.

Respect

You respect each other as individuals and as human beings. You value the ways you are the same and different. You are both free to make choices about your own lives. You consider the other person's feelings when making decisions.

Consent

You behave in ways that you both are comfortable with and agree upon.

Companionship/Intimacy

You have some things in common and you enjoy spending time together doing a variety of activities. You share a closeness that makes your relationship different than your other close relationships. This may include sharing private thoughts, hopes and dreams, or sexual activity.

What is Family Violence?

Family violence is abuse or violence that occurs between intimate partners or family members. It takes many different forms and involves the abuse of power and the betrayal of trust.

It crosses the boundaries of all socio-economic experiences, stages of life, religious beliefs, gender expressions and ethno-cultural communities.

Dating violence refers to abuse or mistreatment that occurs that occurs when the abuser is a dating partner, or an individual who is in, or moving towards an intimate relationship but not living together.

Who is considered family? Family members have an intimate affiliation with the person they are choosing to abuse. This could be an older adult such as a grandparent, or it could be a child. Family could be a couple living together, a boyfriend/girlfriend, or same-sex partner. This can also include brothers, sisters, aunts and uncles. The term family in this context is not just limited to the "nuclear" definition of family. It includes extended family and blended family members.

Bruises are easier to see, but there are many types of family violence including:

- Physical Abuse: hurting family members;
- Psychological Abuse: threatening members of the family, destroying their things or making them afraid for their safety;
- Emotional Abuse: treating a person in a way that wears down their confidence and self-esteem;
- Financial Abuse: forcing family members to give money or things;
- Abusive Control: dictating adult family members' daily activities and who they can talk to;
- Sexualized Abuse: unwanted touching, being forced to do something sexual, having sex with someone while they are unconscious/asleep;
- Neglect: failure to provide adequate care to those who cannot care for themselves;
- Stalking: repeated unwanted contact towards you or anyone known to you, that makes you afraid;
- Familial Homicide: serious physical harm resulting in death by a family member;
- Cyber Abuse: use of the internet and related technologies including cell phones to harm, in a deliberate, repeated, and hostile manner, also known as blackmail, identity theft, stalking, etc.;
- Witnessing/Exposure to Violence: witnessing violence towards and/or by a family member.

Let's Talk About It

Everyone communicates differently and we all have different ways of looking at situations. Some people may like to talk their problems out, others may like to think things over before they speak. Respecting how each person communicates makes a healthy relationship even stronger. Take time to learn your communication style and your partner's communication style to find a balance in what works best for you both. However you communicate, make sure you are talking about your problems, sharing what you love about each other and supporting each other. Talking about what is going on means you are more likely to understand each other, and you are both less likely to feel hurt.



Sample discussions: How do I show and tell my partner how I feel and think about things? In what ways is that the same as my partner? What are some of the ways we express ourselves differently? How can we both respond to those differences in ways that helps our relationship get stronger? What are some things we have tried that didn't work so well? Can we make small changes that would help us to communicate better?

Consent

As simple as tea

Make tea and Enjoy!



Oh Yes!!

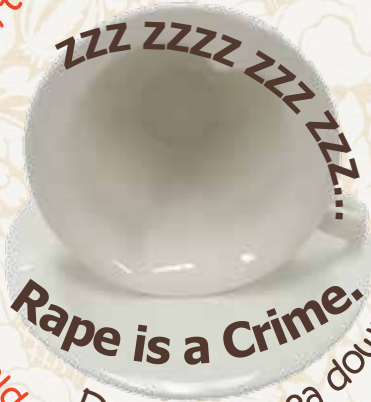
Sometimes people just don't want tea.



No!!

No means no tea.

Don't keep asking. Sometimes people just don't want tea. Make sure they're safe.



Rape is a Crime.

Don't pour tea down their throats. Remember, people who are asleep don't want tea.

People who are asleep don't want tea. Make sure they're safe.



I'm not sure

You can make the tea, but the person might not want to drink it.

Remember, people who are asleep don't want tea.



Even if you say yes at first.



IM APPLICATION
Are you keeping your away status free of negative messages about your ex?
Are you avoiding spreading rumors about your ex?

INTERNET APPLICATION
Are you posting neutral and non-hurtful things about your ex online? Do you stop yourself from checking your ex's MySpace, Facebook, Twitter, or AIM repeatedly?

CALENDAR APPLICATION
Are you making plans to hang out with friends, family, and new people?

PHONE APPLICATION
Is your ex calling more than you would like? Are you calling your ex more than he/she would like?

PHOTO APPLICATION
Are you deleting embarrassing or harmful pictures of your ex?

CLOCK APPLICATION
Are you using your time to do things you enjoy? Are you getting enough sleep?

MUSIC APPLICATION
Are you listening to music that helps you get through your break-up — songs that express your feelings about the break-up as well as songs that get your mind off of it?

WHAT APPS WILL YOU CHOOSE?

Ending a relationship can be hard for everybody involved. Hurt, frustration, anger, and sometimes even a sense of relief can make break-ups feel overwhelming. Regardless of the emotions you are feeling, it's important to think about how you will act so that you can have a healthy break-up. These "application" questions will help you navigate through the breaking-up process.

Consent Quiz

1. If you agree to have sex with someone using a condom, and they don't use one without telling you, is this an offence? Yes or No
2. Does rape exist within relationships? Yes or No
3. If you have sex with someone under the expectation that they will withdraw when they orgasm, and they don't, is this an offence? Yes or No
4. If you've been arrested for a sexual offence, but not charged, do you still have to declare this on job and travel applications? Yes or No
5. If you consent to taking naked pictures with someone, and then they distribute them without your knowledge or further consent, is this a crime? Yes or No
6. Can you be prosecuted for a sexual offence as part of a group, if you didn't physically take part in the act? Yes or No



Answers

1. Yes: This is an offence. Consent was only given for a specific act. If you do it differently, then there is no longer consent.
2. Yes: Consent must be given every time. Even if you're married, common-law, dating, etc., you must always have consent.
3. Yes: This is an offence. Consent was only given for a specific act. If you do it differently, then there is no longer consent.
4. Yes: Once you have an allegation against you it has a huge impact. You may be asked on travel forms or job applications if you have ever been arrested for an offence, not whether you were charged or convicted. This may amount to nothing once explained, but it may still come up.
5. Yes: You have the right to be sexual and express yourself sexually to whoever you choose and no one further than that.
6. Yes: If you are part of a group where one or more people commit a sexual offence, you can be prosecuted even if you don't physically take part.

Would You Play or Stop?

1. Malakai met Tom at a club. They got on really well and Malakai asked Tom back to his place. When they get there they start kissing while stumbling toward Malakai's room. Tom sounds a little tipsy: "H-h-h-eeeeey! Wheeeere you goin'? You're so nieshh.. I schleepy...". Should Malakai...

Play or **Stop**

2. It's James and Mercedes's third date. James is pretty sure that tonight will be the night they go all the way, so after sharing a pizza and kissing on the sofa he starts undressing her, but she doesn't seem to be that into it and she isn't kissing him back. Her body has gone rigid, so James asks if she is okay and she mumbles, "yeah I'm fine". Should James...

Play or **Stop**

3. Sarah and Dan met on a dating app and have met up for a date one night. The date has gone really well with lots of talking and flirting and even some touching in the taxi back to Sarah's. When they get back to Sarah's, things get steamy. They start undressing each other and touching each other's bodies. Dan says what Sarah is doing feels good, Sarah asks him if he wants sex and he says yes. Should they...

Play or **Stop**

4. Zach and Aneeta have been together for a few months, and have had consensual sex lots of times. Aneeta is staying over at Zach's one evening but heads to bed early. Zach joins her later and is feeling horny, but Aneeta is already asleep. He starts kissing her, but she shrugs him off sleepily. Should Zach...

Play or **Stop**

5. Alicia and Jayden meet at a house party. They play a few drinking games and end up kissing. They are both tipsy, but in control. It gets more passionate and Alicia leads Jayden to an upstairs bedroom. She tells Jayden where to touch her and starts kissing him passionately; he kisses her back and asks her to take her clothes off. Should Alicia...

Play or **Stop**

Answers

- 1) STOP! If the person you are with is too drunk or high to actively give their consent, then you should stop, even if they seem keen.
- 2) STOP! If they person you are with is not actively engaging or showing you clearly that they give their consent, you should stop.
- 3) PLAY! Both Dan and Sarah have made it very clear that they are happy to have sex, so they can feel confident that they have each other's consent.
- 4) STOP! Someone who is asleep is unable to give their consent to sex, so Zach should definitely stop.
- 5) PLAY! Jayden is free and able to actively consent and he makes it clear to Alicia that he consents to sex, so it is okay to carry on.



Yes, No, Maybe So: A Sexual Inventory Stocklist

Full list found at: www.scarleteen.com/article/advice/yes_no_maybe_so_a_sexual_inventory_stocklist

Body Boundaries

- Having a partner touch me affectionately without asking first
- Touching a partner affectionately without asking first
- Having a partner touch me sexually without asking first
- Touching a partner sexually without asking first
- Having a partner touch me affectionately in public
- Touching a partner affectionately in public
- Having a partner touch me sexually in public
- Touching a partner sexually in public
- Having my shirt/top off with a partner
- Having a partner's shirt/top off
- Having my pants/bottoms off with a partner
- Having a partner's pants/bottoms off
- Being completely naked with a partner
- Having a partner be completely naked
- Direct eye contact
- Being looked at directly, overall, when I am naked
- Grooming or toileting in front of a partner
- Having a partner groom/use the toilet in front of me
- Having a partner talk about my body
- Talking about a partner's body
- Having some or all of a disability, identity or difference I have be specifically made part of sex, sexualized or objectified
- Other:
- Other:

Some parts of my body are just off-limits. Those are:

I am not comfortable looking at, touching or feeling some parts of another person's body. Those are:

I am triggered by (have a post-traumatic response to) something(s) about body boundaries. Those are/ that is:

Sample discussions

What helps me feel most comfortable being naked with someone? What ways a partner does or may talk about my body make or could make me feel uncomfortable? What do I "count" as sexual touching and what do I consider affectionate touching?

Code Guide

Y = Yes
N = No
M = Maybe
IDK = I don't know
F = Fantasy
N/A = not applicable

Yes, No, Maybe So: A Sexual Inventory Stocklist

Full list found at: www.scarleteen.com/article/advice/yes_no_maybe_so_a_sexual_inventory_stocklist

Words & Terms

My preferred pronouns are:

My partner's preferred pronouns are:

I prefer the following gender/sexual identity or role words (like man, woman, boi, femme, butch, top, etc.) to be used for me:

I prefer my chest or breasts be referred to as:

I prefer my genitals to be referred to as:

I prefer my sexual orientation and/or identity to be referred to as:

Some words I am not okay with to refer to me, my identity, my body, or which I am uncomfortable using or hearing about, with or during any kind of sex are:

I am triggered by certain words or language. Those are/that is:

Sample discussions: Are certain words okay in some settings or situations but not in others? How flexible am I with what a partner might want to call something I like calling something else? Why do I use the words for my parts that I do?

Yes, No, Maybe So: A Sexual Inventory Stocklist

Full list found at: www.scarleteen.com/article/advice/yes_no_maybe_so_a_sexual_inventory_stocklist

Relationship Models & Choices

- Having a partner talk to close friends about our sex life
- Talking to close friends about my sex life
- Talking to acquaintances, family or co-workers about our sex life
- An exclusive romantic relationship
- An exclusive sexual relationship
- Some kind of casual or occasional open/non-exclusive romantic or sexual relationship
- Some kind of serious or ongoing open/non-exclusive romantic or sexual relationship
- Other:
- Other:

Code Guide

Y = Yes
N = No
M = Maybe
IDK = I don't know
F = Fantasy
N/A = not applicable

Sample discussions: What kind of agreements do/would I want in my relationships? What are my personal values with relationships and simultaneous sexual partners?

Safer Sex and Overall Safety Items and Behaviors

- Sharing my sexual history with a partner
- A partner sharing their sexual history with me
- Doing anything sexual which does or might pose risks of certain or all sexually transmitted infections
- Using a condom with a partner, always
- Putting on a condom myself
- Putting on a condom for someone else
- Using a dental dam, with a partner, always
- Putting on a dental dam for myself
- Putting a dental dam on someone else
- Using lubricant with a partner
- Getting tested for STIs with a partner
- Sharing STI test results with a partner
- Doing things which might cause me or my partner discomfort or pain
- Being unable to communicate clearly during sex
- Having a partner be unable to communicate clearly
- Initiating or having sex while or after I have been drinking alcohol or other recreational drugs
- Other:
- Other:

I am triggered by something(s) around sexual safety, or need additional safety precautions because of triggers. Those are/that is:

Sample discussions: Are sexual history conversations loaded for me? Do I have any double-standards with safer sex, testing or other safety? What makes me feel some risk is worth it, while another isn't?

Is Jealousy a Sign of Love?

Feelings of jealousy are normal in a relationship. But it's how we act on it that counts. If a boyfriend (BF) or girlfriend (GF) uses anger and jealousy to stop you talking to other people or seeing friends, this isn't really about love – it's about control.

We all feel a little jealous at times. When is it ok and when is it getting out of hand?

Jealousy – when it's ok

- Feeling jealous – like if your BF/GF always seems to have a fantastic time with some other girl or guy. Try telling your BF/GF how you feel.
- Accepting reassurance, or if you don't feel reassured, letting them know how you feel.
- Accepting that your BF/GF can choose their own friends and can talk to whoever they want to.

Jealousy – crossing the line

- Demanding your attention all the time.
- Constantly wanting to know where you are and who you're with.
- Flying into a rage and making you scared to upset them.
- Controlling your social life or who you talk to.
- Making you feel bad for wanting to see your family or friends.
- Texting you all the time to check what you are doing.
- Constantly accusing you of flirting.
- Making you give up working, studying or doing things you like.
- Telling you who you can and can't talk to.
- Hurting you or abusing you because they feel jealous.
- Reading your messages online or on your phone.



Jealousy is not a barometer by which the depth of love can be read, it merely records the degree of the lover's insecurity.

(Margaret Mead)

The following stories show signs of control, not love. No one has the right to control who you talk to or who you're friends with. Your social life shouldn't have to stop because of your GF's or BF's jealousy.

- 1. I wasn't allowed to have male friends and I was rarely ever allowed to go out with my girlfriends (especially if there was the slight chance there may have been boys there). He even got angry when a boy would text message me or talk to me online. I had to delete my account just to make him happy.**
- 2. At first I liked him being jealous. It made me feel like I had the upper hand because he wanted me that much. So I fooled myself into thinking I had the power in the relationship because anything I did would upset him. I played with it a bit – I'd joke about a guy flirting with me and he'd get ticked off. But gradually it got so bad that I didn't see my friends, and gave up things I loved because he'd get so angry.**
- 3. She would always make up some excuse so that I would have to stay home instead of playing ball. It was a mixed soft ball team and she kept saying she didn't like how the other girls looked at me. I told her I loved her but it was never enough. If I was out she would text me non-stop until I got home and then demand to read my phone messages when I got there. She said it was because she was insecure about not being good for me and nothing I said would convince her otherwise. I stopped going to ball games.**
- 4. I saw a pamphlet on control and stalking at work today. I kept ticking off the boxes making excuses for him like: he was just jealous, he loved me so much he didn't want to lose me, or he wanted to surprise me that's why he needed to know where I was all the time. He was jealous and possessive of me and I always brushed it off... I let it go on for too long. I didn't think it was abuse... until now.**

If someone is abusive, they may be threatened by any sign that you are an independent person. They think that you belong to them. They like the feeling of power they get from thinking that you're under their control.

They focus on themselves and demand that you give up the things you enjoy. Or they use jealousy as an excuse so they can blame you why they hurt you.

Even if they have a good reason for feeling jealous or angry, there is no excuse for hurting you.

If you've had to stop seeing friends or family or doing other things you enjoy, just to keep a BF or GF happy, this is abuse. This is control, not love.



recipe: Sound Relationships

Music, like food, can feed our brains and give us energy. But, it also can be filled with ingredients that can affect us negatively. Some music may even have an influence on our health and the health of our relationships. The instrument on the next page will help you evaluate the “nutritional” value of the music you might listen to. We want you to put on your headphones, turn up the volume and become a song lyrics nutritionist. Just follow these easy steps.

Step ONE: Find a song

Select a song. Find the lyrics of the song either from the CD insert, or search for them online. Print out the lyrics, and read them to get a feel for the main themes in the song.

Step TWO: Determine if the song has a relationship theme

Songs with a relationship theme describe an emotional or physical connection between two or more people and support, celebrate or glorify the unhealthy or healthy characteristics of a relationship.

Step THREE: Score the song lyrics

Carefully examine the song’s title and all lyrics in the chorus and verses of the song. Now look at the Song Lyric Scoring Label on the previous page. Check the “present” box for each relationship ingredient that you find in the song. The definitions for each relationship ingredient are at the bottom of the label. Finally, for each ingredient that is present in the song, assign it a score from 1-10 in the “intensity level” box based on how much of that relationship ingredient you feel is in the song. A score of 1 would indicate that there is a very low level of that relationship ingredient in the song while a score of 10 would indicate a very high level. When assigning an intensity score, consider how those particular lyrics impact the overall message of the song.

Step FOUR: Total your numbers

Add up the scores from the intensity column in both the unhealthy and healthy sections. These totals indicate the unhealthy and healthy relationship “nutritional” value of the song’s lyrics.

Step FIVE: Balance your “lyrical” diet

Use this tool whenever you want to find out the relationship ingredients of a song. Just like with the food we eat it is important to have a healthy “song” diet that includes lots of healthy relationship ingredients. Knowing the ingredients will help you make an informed decision about which songs will promote good relationship health.

**Source: Boston Public Health Commission, 2009*

Examining Mental Nutrition

Nutritional Impact

Artist:

Song title:

Serving Size: Min:

Sec:

| Amount per serving: | Present (X) | Intensity level (1-10) |
|---|-------------|------------------------|
| Unhealthy Relationship Ingredients | | |
| Drama | | |
| Possession/obsession | | |
| Disrespect | | |
| Relationship = sex | | |
| Manipulation | | |
| Total Unhealthy | | |
| Healthy Relationship Ingredients | | |
| Fun/Enjoyable | | |
| Support | | |
| Respect | | |
| Equality | | |
| Trust | | |
| Total Healthy | | |

The song may portray: **Drama:** a belief that making up/breaking up, yelling, bitter arguing, destroying property or a general sense that unhealthy conflict in the relationship is part of a normal relationship. **Possession/Obsession:** a belief that another person is an object to use for one's personal benefit. This could also include stalking, objectification, and controlling behavior. **Disrespect:** a belief that it is acceptable to disregard another person's feelings, ideas, opinions and wishes. This could include name calling, put downs, minimizing language, and cheating. **Relationship=sex** a belief that the main component or focus of the relationship is sex. **Manipulation:** a belief that it is acceptable to lie or use another person's emotions or vulnerabilities to get what is desired. This could include guilt trips, lying, and using alcohol to get sex. **Fun/Enjoyable:** a belief that relationships are enjoyable and fun. **Support:** a belief that a relationship includes building up the other person's confidence and strengths. This could include encouraging another person to make healthy decisions to better themselves, even when the other person may not totally agree. **Respect:** a belief that another person has value and is appreciated and recognized for their ideas, thoughts, and decisions. This could include the use of positive or supportive words to describe the other person. **Equality:** a belief that both parties share in decision making and are free to choose what is right for them. One person does not have power over the other either in decision making or sex. **Trust:** a belief that the other person in the relationship has your best interest at heart. This could include being faithful and honest.



Examples of Unhealthy Relationship Songs

- Boyfriend - Justin Beiber (-12)
- Kiss With A Fist - Florence & The Machine (-19)
- Give me Everything - Pitbull (-22)
- Kiss You Inside Out - Hedley (-23)
- Your Love is My Drug - Kesha (-28)
- Only Girl - Rihanna (-30)
- Die For You - New Politics (-30)
- One More Night - Maroon 5 (-32)
- Love the Way You Lie - Eminem/Rihanna (-33)
- Make Me Wanna Die - The Pretty Reckless (-35)



Examples of Healthy Relationship Songs

- Teenage Dream - Katy Perry (32)
- Next to Me - Emeli Sande (32)
- Honey Bee - Blake Shelton (30)
- Smile - Uncle Kracker (27)
- Naturally - Selena Gomez & The Scene (26)
- I'm His Girl - Friends (26)
- Just the Way You Are - Bruno Mars (23)
- Nothin On You - B.o.B (22)
- Never Close Our Eyes - Adam Lambert (16)
- Collide - Leona Lewis (13)

Stuff Everyone Can Do

There are lots of things everyone can do to make their community a healthy place. Knowing how to respond to problems in a positive way and how to support people goes a long way in changing the attitude of a whole place.



Take a look at the photo above.
What are your first thoughts when you see her?

What is Victim Blaming

Have you ever heard the term "victim blaming"?

It means making excuses for the person who caused harm and blaming the person who was hurt.

Crimes only happen when someone makes a decision to commit them. The only time sexual assault, family violence or any other crime happens is when someone makes the decision to hurt another person. It is not because of the person's clothes, where they are at the time, how much they have been drinking or who they are hanging out with. The only thing that causes violence is someone's choice to be violent.

Here are 5 problems with victim blaming:

1. It protects predators, reducing their accountability for the crime they committed.
2. It creates more crime because the perpetrators know they will not be held accountable.
3. It makes it harder to seek justice as many judges, service providers, media, and support systems hold these attitudes.
4. It fuels misogynistic attitudes, reinforcing gender roles such as female modesty or that males always want sex.
5. Victims blame themselves. They wonder what they could have done differently, when it is the perpetrator's fault they were assaulted.

Watch Laci Green's video about victim blaming: <https://www.youtube.com/watch?v=dzwYptfRwTg>

What is a Social Response to Family Violence?

A social response is how people, agencies and communities respond to victims of once the violence is exposed. A response can either be negative or positive. (Richardson & Wade, 2009)

By choosing not to do anything, you are still responding to the situation. There is no such thing as a neutral response.

Negative Social Response = ↓

Any action or non-action that supports the perpetrator and does not support the victim.

Examples

- looking the other way, not noticing
- blaming the victim
- not believing the victim
- asking the victim what they did to make their partner so angry. "What did you do?"
- ignoring cries for help
- cheering on the perpetrator in a fight
- not listening and giving advice
- not doing anything

Positive Social Response = ↑

Any action that supports the victim and/or stops the perpetrator.

Examples

- asking if they are ok? how can you help?
- listening to their whole story
- offering advice only when asked
- providing victims with an opportunity to talk about all the ways they tried to keep themselves safe - this honors their resistance and helps them maintain their dignity
- be clear that that no one deserves to be abused
- interrupt the violence (keeping your safety in mind), call RCMP, ring door bell asking for sugar, knock on door asking for donations

Bystander Effect

A phenomenon in which the greater the number of people present, the less likely people are to help an individual in distress. For example, imagine that you are in the store on a busy day. You notice a young man fall to the ground and start convulsing as if having a seizure. Many people turn and look at the man, but no one moves to help or call for medical assistance. Why? Because there are so many people present, no one individual feels pressured to respond. Each person might think, "Oh, someone else has probably already called for help," or "No one else is doing anything, so it must not be that serious." Meanwhile, no one is helping the man.

We need to adopt the attitude "If I don't help, who else will?" instead of "Someone else has this. I don't want to bother".

Resistance Model

VIOLENCE IS DELIBERATE

People who are abusive often try to justify or excuse their behaviour. If we look closely there is a lot of evidence that they are able to control their behaviour (for example by making deliberate choices about when, where and who to abuse) and make choices to be non-violent when they want to.

VIOLENCE GOES ONE WAY

Abuse involves action of one person against the will of another.



PERPETRATORS PLAN FOR RESISTANCE

Perpetrators know that victims will resist and take steps to reduce the effectiveness of victims' resistance.

RESISTANCE TO VIOLENCE IS ALWAYS PRESENT

No one likes to be abused or treated badly. Whenever people are treated badly, they do whatever they can to prevent, reduce or stop the violence/abuse.

The above ideas and the response-based approach originated from work by Dr. Allan Wade, Ph.D., Nick Todd, C. Psych., and Dr. Linda Coats, Ph.D. <http://responsebasedpractice.com/> See page 26 and 27 for more work from them.

What do you think of this model?

Help

Asking for help can be one of the hardest things to do but don't give up. You have the courage to ask and there are people who want to help you. Sometimes it may feel like no one is listening but if you keep asking you will find someone who can help.

How to Help a Friend

How do I help if someone I know is hurting?

If you think someone is being abused or behaving abusively towards their partner, it can be difficult to know what to do. You might be tempted to tell the person to stay in the relationship or leave. Often when we care about others, we have good intentions and don't want to see them hurting. We know that if abuse happens once, it can happen again and get even worse. It's important to listen as compassionately as possible, without telling the person what to do. Controlling what someone else does is abusive, so when someone reaches out for support, help them make their own decisions. Let them know about the services available, like shelters, court orders, and counselling services. If you feel overwhelmed by listening to the stories, it's okay to ask for help yourself. Just listening with kindness and non-judgment does a lot for someone who is hurting. You can call any of the services and ask what can be done.

Need Help? We Can Help!

Family Violence Crisis Lines

| | | |
|--|--------------------------|------------------------------|
| Alison McAteer House (Emergency Protection Order designate) | Toll Free Yellowknife | 1-866-223-7775 873-8257 |
| Family Support Centre (24 Hours) | Hay River | crisis: 874-6626 874-3311 |
| Transition House 24 hours | Inuvik | 777-3877 |
| Sutherland House 24 hours | Fort Smith Toll Free | 872-4133 1-877-872-5925 |
| Women and Children's Crisis Centre | Tuktoyaktuk | 977-2000 |
| Centre for Northern Families | Yellowknife | 873-2566 |

Victim Services

| | | |
|--------------------------------------|---|----------------------------------|
| Yellowknife (collect calls accepted) | Yellowknife, Lutsek'e, Dettah, N'Dilo | 920-2978 cell 765-8811 (24hr) |
| Hay River & Outreach Worker | Hay River, Hay River Reserve, Enterprise, Ft. Providence, Ft. Resolution, Kakisa | 876-2020 874-2121 (Outreach) |
| Fort Good Hope | Fort Good Hope, Coville Lake, Deline, Norman Wells, Tùlita | 598-2247 |
| Inuvik & Outreach Worker | Inuvik, Aklavik, Ft. McPherson, Paulatuk, Sachs Harbour, Tsiigehtchic, Tuktoyaktuk, Ulukhaktok | 777-5493 777-5480 (Outreach) |
| Fort Simpson | Ft. Simpson, Ft. Liard, Jean Marie River, Nahanni Butte, Sambaa K'e, Wrigley | 695-3136 |
| Tlìcho | Behchokò, Gamètì, Wekwèètì, Whàtì | 392-6381 ext. 1332 |
| Fort Smith | Ft. Smith | 873-3520 |
| NWT Victim Services | Yellowknife | 767-9261 |

If you or members of your family are in danger of family violence, you can get fast protection through an Emergency Protection Order (EPO).

To apply, call Alison McAteer House toll free at **1-866-223-7775** or your nearest RCMP detachment.

| RCMP | |
|-------------------|------------------|
| Detachment | Telephone |
| Aklavik | 978-1111 |
| Behchoko | 392-1111 |
| Déline | 589-1111 |
| Fort Good Hope | 598-1111 |
| Fort Liard | 770-1111 |
| Fort McPherson | 952-1111 |
| Fort Providence | 699-1111 |
| Fort Resolution | 394-1111 |
| Fort Simpson | 695-1111 |
| Fort Smith | 872-1111 |
| Gamèti | 392-1111 |
| Hay River | 874-1111 |
| Inuvik | 777-1111 |
| Lutsel K'e | 370-1111 |
| Norman Wells | 587-1111 |
| Paulatuk | 580-1111 |
| Sachs Harbour | 690-1111 |
| Tuktoyaktuk | 977-1111 |
| Tulita | 588-1111 |
| Ulukhaktok | 392-1111 |
| Whati | 573-1111 |
| Wrigley | 695-1111 |
| Yellowknife | 669-1111 |

Other Important Numbers to You

Other Contacts

| | | |
|--|--------------------------|----------------------------|
| Kid's Help Phone | Toll Free | 1-800-668-6868 |
| NWT Help Line <small>24 hours</small> | Toll Free | 1-800-661-0844 |
| Status of Women Council of the NWT & Coalition Against Family Violence NWT | Toll Free Yellowknife | 1-888-234-4485 920-6177 |
| NWT Disabilities Council | Toll Free Yellowknife | 1-800-491-8885 873-8230 |
| Seniors' Information Line | Toll Free Yellowknife | 1-800-661-0878 920-7444 |
| Legal Aid | Toll Free Yellowknife | 1-844-835-8050 767-9361 |
| YWCA Project Child Recovery | Yellowknife | 920-2777 ext. 313 |

My Thoughts...



Building Healthy Relationships That Work