

ALLOWED
CONTROL
INSECURITY
PARTNERSHIP
GENDER
PREGNANCY
RESTRAINING
BLACKMAIL
WITHHOLDING
PLANNING
CONFUSING
LIVING
VICARIOUS
HELP
EMBARRASSED
STATEMENTS
AGGRESSION
EXPLOITING
EMPLOYMENT
PERPETRATOR
FAULT
EMERGENCY
CHOICE
CELLPHONE
COLD
BYSTANDER
SCHOOL
ALONE
PREVENTION
MAINTAINING
UNACCEPTABLE
INTERNET

FAMILY VIOLENCE **and TEENS**

DATING CRIME HOPE
SAFETY
MENTAL
UNDERMINES
VICTIM
BLAMING
HIDE
PAIN
TOO FAST
PHOTOS
STILL
ACKNOWLEDGEMENT
CHANGE
THREATENING
RESILIENCE
BLOOD
BITING
TEARS
LOVE
JEALOUSY
SOMETHING
RED FLAG
TRAUMA
HOUSEHOLD
SILENCE
TRUST
PLEASE
SUPPORT
CONSENT
DRESS
GIFTS
INFORMATION
PARENTS
FRIENDSHIPS
HAPPY
HONEYMOON
CHALLENGES
EMOTIONALLY LOST
SPIRITUAL



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What is Family Violence

Family violence is abuse or violence that occurs between intimate partners or family members. It takes many different forms and includes physical abuse, mental/emotional abuse, financial abuse, sexual abuse, intimidation and threats. Family violence involves the abuse of power and the betrayal of trust in a relationship and crosses all socio-economic, religious and ethno-cultural boundaries.

Dating violence refers to abuse or mistreatment that occurs between "dating partners", individuals who are having – or may be moving towards – an intimate relationship but not living together.

Different Types of Family Violence

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

- Physical Abuse: hitting, strangling, kicking;
- Psychological Abuse: threatening, destroying things you own or making you feel unsafe;
- Emotional Abuse: wearing down your confidence and self-esteem, name calling, making you feel small or like no one will love them;
- Financial Abuse: forcing you to give up money or things they don't want to;
- Abusive Control: not letting adult family members come/go freely, making you only wear certain things, not letting you hang out with friends;
- Sexual Abuse: forcing you to do something sexual you don't want to do, rape, unwanted touching;
- Stalking: repeated unwanted contact towards you or anyone known to them, knowing where you are at all times, calling/txting over and over.

**END the
silence**

**STOP the
violence**

Things to Look For

Anyone can be a victim of family/dating violence but here are a few things to look for:

- They may have a lot of accidents with strange injuries that don't seem likely.
- They might seem scared or uncomfortable around certain people.
- They might stop calling or going out like they use to.
- Their partner may seem to always have their debit/credit cards.
- They may try to medicate themselves with drugs or other bad habits.
- They may always seem to be on the phone explaining where they are and why.

Things for Teens to Think About...

You may be at risk of dating violence if your partner...

- is violent;
- has a history of fighting, losing his temper quickly, or brags about mistreating others;
- gets too serious about the relationship too fast;
- has a history of bad relationships and blames the other persons for all the problems, "Girls just don't understand me";
- believes that men should be in control and powerful, and that women should be passive and submissive; and
- is someone your family and friends warned you about, or told you they were worried for your safety with.

He's trying to control you and makes you dependent on him if

- he's very jealous and does not want you to talk to other guys, wants you to stop seeing your girlfriends, and has to know where you are and who you are with all the time;
- he tries to control your contact with your family;
- he puts down what you wear, do, and say;
- he tries to control you by being very bossy, giving orders, making all the decisions, and does not take your opinion seriously;
- he is scary; you worry about how he will react to things you say or do; and
- he abuses drugs or alcohol and pressures you to take them.

He's putting you down so you will lose self-esteem, confidence, and control if

- he tells people things you did or said that embarrass you and make you feel stupid;
- he says it's your fault when things go wrong for him;
- he calls you stupid, lazy, fat, ugly, or a "slut"; and
- he blames you when he mistreats you, says you provoked him, pressed his buttons, made him do it, led him on.

He's threatening you and in some cases using physical violence if

- he drives fast and likes to do dangerous things to scare you;
- he gets carried away when you are playing and hurts you, or holds you down to make you feel helpless or humiliated, and give in to him;
- he threatens you and/or uses or owns weapons;
- he threatens to hit you, hurt your friends, pets, or family if you do not do what he wants;
- he says he will leave you or kill himself if you do not obey him;
- he gets very angry about small, unimportant things;
- he will not tell you his feelings when you ask and then he blows up;
- he pressures you for sex, or is forceful or scary around sex;
- he thinks women or girls are sex objects;
- he attempts to manipulate or guilt trip you by saying "If you really loved me you would..."; and
- he hits you-he may be sorry afterward, but he hits you.

Healthy Relationship Quiz

Each relationship is unique, but all healthy relationships have a few things in common. In a healthy relationship there should be trust, support, respect, equality, and it should be fun. Take the quiz below, and find out how healthy your relationship is!



How did your relationship score?

See next page to find out!

Directions:

Indicate who in your current relationship does the following things by marking one of the boxes to the right of each statement. You should put an **X** in either the **Neither Person/One Person** or **Both People** columns

	Neither or One Person	Both People
Considers partner's likes and dislikes when making plans		
Shares things he/she likes about their partner		
Supports partner in setting and meeting personal and school goals		
Encourages partner to be the person they want to be		
Comforts partner when upset, sad, frustrated, etc.		
Asks for and listens to partner's point of view (even when having a disagreement)		
Respects partner's need for alone time		
Treats partner's property/belongings well		
Treats partner as an equal		
Respects online privacy (Facebook, e-mail, text messages etc.)		
Respects decisions around sex		
Admits mistakes		
Okay with partner spending time with family and friends		
Trusts that partner is being honest about his/her actions and activities		
Cares if the other person has fun when going out		
Communicates respectfully both publically and privately		
TOTAL: Count the number of X's for Both People Column only, and write the number in bold box to the right		

How Did Your Relationship Score?

Score of 0-8: This relationship has room for improvement. A healthy relationship needs both people to contribute equally. A Score between 0-8 indicates that the relationship is either one-sided or nobody's trying very hard. This relationship might work with combined effort and commitment, but it may be time for a reality check for both partners. Does this relationship feel good to you?

Score of 9-12: Your relationship has potential but it might take a good amount of work. If this is a relationship that you and your partner want to continue to be in, you both need to pick a few areas to work on in order to make this a more healthy relationship. Make it a shared goal with your partner to increase the number of **X's** in the **Both People** column.

Score 13-16: You're on track for a healthy relationship! Healthy relationships take time and effort and you are both definitely working at it. You have high levels of trust, support, fun, equality, and respect in your relationship. Both partners should keep up the good work in this relationship, there is always room for improvement!

**Source: Springtide Resources*

How To Help

How to Help a Friend Who is Being Abused

No one should have to live in a relationship that hurts them. If you have a friend who is being abused here are a few things you can do to help her:

- Physical safety is the first priority. Physical violence usually gets worse as time goes on. Ignoring any form of physical violence is dangerous. Explain this to your friend.
- Listen calmly and take her seriously.
- Help her to reduce her vulnerability by coming up with a safety plan. This could include helping her to plan not to be alone with him.
- Become more aware of what dating or family violence is.
- Tell her she's not alone in her situation. Abuse happens to many young women, in all social classes, in all religions, racial and cultural groups.
- Reassure your friend that nobody deserves to be abused.
- Explain to her that abuse in relationships is not a sickness, it is a crime.
- Suggest talking to a trusted adult such as a teacher, guidance counselor or community agency for advice.
- Explore legal options or a school's ability to control the abuser's behavior.
- Get her involved with friends and activities.
- If she is not ready at this point to make major changes in her life, do not end your friendship. Your support and advice may be what will make it possible for her to act at a later date.
- Respect her right to privacy by letting her be in control of who she wants to tell. You should not repeat her story unless she specifically asks you to repeat it.
- Put aside your feelings and deal with them elsewhere. It is very difficult to listen to the hurt, anger and pain someone close to you is having without you feeling that way, too. It is important that you talk about these feelings with someone else, as she will have enough difficulty healing from her own trauma without trying to empathize and help you as well.

How to Help a Friend Who is Abusive

Recognizing that you have a problem is the first step to changing it. If you are concerned about a friend who is being abusive here are a few things you can do:

- Support them for recognizing their problem.
- Support them in making/learning different alternatives to deal with their feelings.
- Suggest talking to a trusted adult such as a teacher, guidance counselor or community agency for advice.
- If you witness a friend acting in an abusive manner, tell your friend that nobody deserves to be abused.
- Help your friend in looking at the risks of more abuse.

Internet Resources

- kidsnet.subcourts.gov.sg/fv_secondary.html
- www.burstingthebubble.com
- www.futureswithoutviolence.org/
- beyondbullies.org/
- www.BPHC.org
- www.ywca-canberra.org.au/76rosestreet/index.html

Beware of jokes, movies, television programs, advertising, and music that are demeaning to women and may promote violence against women.



YouTube Resources

The following link will take you to a YouTube play list that has several resources related to family violence and dating violence.

www.youtube.com/playlist?list=PLB93514383D8A046A&feature=mh_lolz



NWT Specific Resources

- www.ywcanwt.ca/# or call 1.866.223.7775
- Status of Women Council of the NWT Video and Resource Library (Toll Free 1.888.234.4485)
www.statusofwomen.nt.ca/familyviolence.htm
- www.hlthss.gov.nt.ca/english/services/family_violence/default.htm
- Sexual Assault: A help book for teens in the Northwest Territories (GNWT) call 1.867.920.3130 for a copy
- www.justice.gov.nt.ca/FamilyViolence/FamilyViolence.shtml

Other Resources

- Assessing Child Exposure to Adult Domestic Violence (manuscript). Edleson, Jeffrey L. et al. 2007
- Children Exposed to Partner Violence: An Overview of Key Issues (book). Klymchuk, Kai-Lee A. 2002.
- Children Who See Too Much: Lessons from the Child Witness to Violence Project (book). Govers, Betsy McAlister. 2002.
- The Effects of Intimate Partner Violence on Children (book). Geffner, Robert; Spurling Igelman, Robyn & Zellner, Jennifer. 2003.
- Little Eyes, Little Ears: How Violence Against a Mother Shapes Children as they Grow (book). Cunningham, Alison & Baker, Linda. 2007
- Protecting Children from Domestic Violence: Strategies for Community Intervention (book). Jaffe Petter; Baker, Linda & Cuningham, Alison (editors). 2004.

Ten Tips for Parents Supporting a Teen Through a Break-Up

Breaking-up is hard to do. As a parent it is often difficult to stand by and watch as someone we love and care about suffer through a break-up. There are concrete things you can do, however, that will make you feel less helpless, and hopefully, more helpful.

- Building a caring, supportive relationship with your teen, so he/she can come to you when he/she has a break-up.
- Talk to your teen about break-up myths he/she may have been exposed to by peers and media (i.e. Moving on to new partner immediately is the best way to get over the break-up).
- Take time to talk to your teen about friends and daily events.
- Provide educational opportunities for your teen to learn about the biological, social, and emotional changes taking place during adolescence.
- Join your teen in watching his/her favorite TV shows particularly those that involve teens in relationships. Save your comments for after the show when you will have time for a discussion. (For example ask your teen, "How might that situation really end up?", "What is healthy/unhealthy about this relationship or break-up?")
- Ask your teen open-ended questions about the status of his/her current dating relationships. Avoid forcing the issue, though.
- Keep information to yourself that he/she shares in confidence.
- Talk to your teen about his/her desire to date. Talk about healthy relationship and break-up practices he/she should engage in when he/she does start to date.
- Help your teen recognize the signs of a threatening or potentially harmful relationship.
- Recognize and help your teen deal with the possible public nature of teen break-ups, particularly because of social networking sites.

What Next? The most important thing is that you stay active and involved in your teen's life and continue to build your own skills to better support him/her through the ups and downs of his/her relationships.

Source: www.BPHC.org



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.

Source: www.BPHC.org

Healthy Relationship Check In Quiz

Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is healthy? Answer yes or no to the following questions to find out. Make sure to write down your responses. At the end, you'll find out how to score your answers.

The Person I'm With...	Yes	No
Is very supportive of things that I do.		
Encourages me to try new things.		
Likes to listen when I have something on my mind.		
Understands that I have my own life too.		
Is not liked very well by my friends.		
Says I'm too involved in different activities.		
Texts me or calls me all the time.		
Tries to prevent me from getting or keeping a job.		
Thinks I spend too much time trying to look nice.		
Gets extremely jealous or possessive.		
Accuses me of flirting or cheating.		
Constantly checks up on me or makes me check in.		
Controls what I wear or how I look.		
Tries to control what I do and who I see.		
Tries to keep me from seeing or talking to my family and friends.		
Has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next.		
Makes me feel nervous or like I'm "walking on eggshells."		
Doesn't take my suggestions/concerns seriously		
Puts me down, calls me names or criticizes me.		
Makes me feel like I can't do anything right or blames me for problems.		
Makes me feel like no one else would want me.		
Threatens to hurt me, my friends or family.		
Threatens to hurt him or herself because of me.		
Threatens to destroy my things.		
Doesn't take responsibility for their actions.		
Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way.		
Breaks or throws things to intimidate me.		
Yells, screams or humiliates me in front of other people.		
Pressures or forces me into having sex or going farther than I want to.		



Scoring

Give yourself **one point** for every **no** you answered to the light blue area. **One point** for every **yes** response to the light green area and **five points** for every **yes** to the grey area.

Score: 0 points

You got a score of zero? Don't worry -- it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of ours doesn't. If you know someone who is in an abusive relationship, find out how you can help them.

Score: 1-2 points

If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing. The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It's also good to be informed so you can recognize the different types of abuse.

Score: 3-4 points

If you scored three or four points, it sounds like you may be seeing some warning signs of an abusive relationship. Don't ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect -- it takes work! But in a healthy relationship you won't find abusive behaviors. If you think your relationship may not be as healthy as you thought it was, chat with someone like a teacher or advocate to get more information.

Score 5 or more points

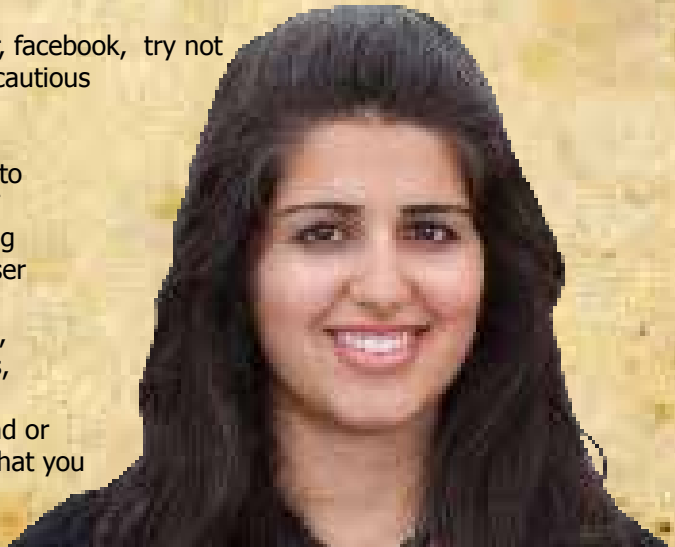
If you scored five or higher, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety -- consider making a safety plan right now. You don't have to deal with this alone. We can help. Chat with a teacher, parent or call one of the numbers listed in the back of this booklet to learn about more options and about safety planning.

Safety First

Tips on Teen Safety Planning

When people are treated badly in a relationship they take steps to resist this bad treatment and to protect themselves. That may not necessarily mean they are ready to leave the relationship but that they are taking steps to ensure their safety. Here are a things to consider when safety planning.

- Think of your safety not only at home but at school and friends' places as well.
- When walking home bring someone with you. Also don't listen to music so loudly that you wouldn't be able to hear someone behind you.
- Think of your emotional safety as well. When your boyfriend or girlfriend puts you down think of things you know to be true about yourself that are good. If you find this hard ask close friends or family what they like about you or reasons why they like being around you. Spend more time with people who make you feel safe, supported and good about yourself.
- Being around positive things and people will lift your spirits when everything seems dark.
- Keep in touch with someone that you trust about where you are and what you are doing.
- When using social media, i.e. twitter, facebook, try not to communicate where you are. Be cautious of apps that use GPS through your phone.
- Make sure that your profiles are set to private or friends only. Keep track of any abusive, threatening or harassing comments, posts, or texts your abuser sends/posts.
- Change all your passwords: Banking, email, social media, purchasing sites, profiles, etc.
- Use a code word with a trusted friend or family member that will alert them that you need help without your abuser knowing about it.



“No one is worth your tears, but when you find someone who is, they will not stand to see you cry.” ~Pooja Chugh

To create your own safety plan please visit:

www.statusofwomen.nt.ca/familyviolence.htm

or call your local Victims Services Office to have help filling one out.

***See back of book for numbers**

Examining Mental Nutrition

Nutritional Impact

Artist:

Song title:

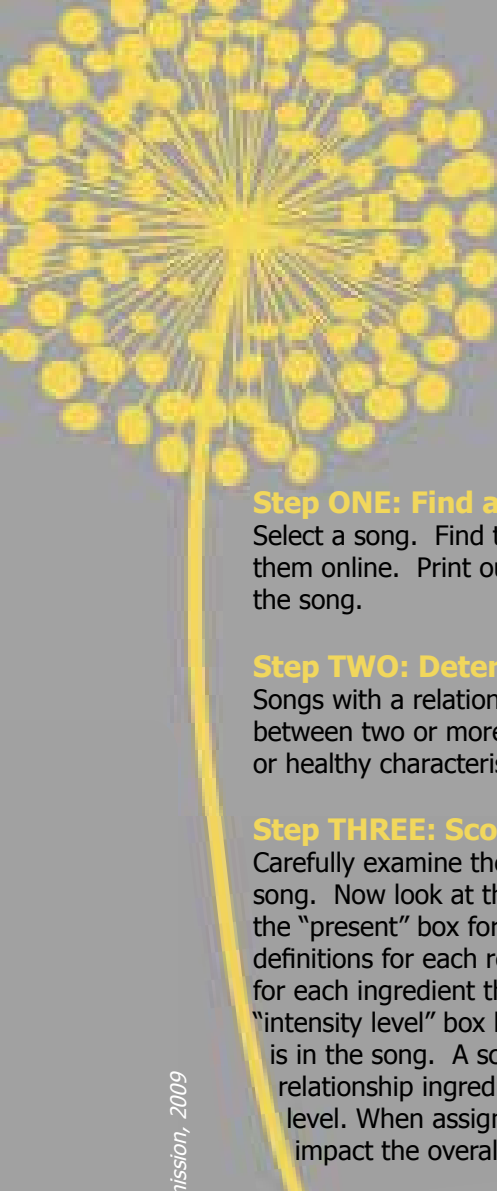
Serving Size: Min:

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.





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 previous 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 should support, celebrate or glorify the unhealthy or healthy characteristics of the 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 balanced “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*

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)



Do you know what your music is saying?

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)



The Whole Picture

The songs we listen to affect us. The songs we listen to and watch may have an even greater impact. Since music videos can have an influence on our health and the health of our relationships, it is especially important to be a critical viewer.

Take these steps to help you discover if the music videos you watch are portraying healthy or unhealthy relationships. Get comfortable, get online, and get the whole picture.

Step ONE: Find a music video

Select a music video of a song you enjoy. Watch the video on YouTube, iTunes, or TV. Begin with just getting a feel for the main themes of the images and behaviors of the people in the video.

Step TWO: Determine if the music video has a relationship theme

Decide if the music video has a relationship theme. Look for two or more people with an emotional or physical connection. This connection should support or celebrate the healthy or unhealthy characteristics of the relationship.

Step THREE: Score the music video

Watch the music video carefully, looking for images that give you information about the relationship. You may need to watch it more than once. Look at the TrueView scoring tool on the next page. For each healthy or unhealthy "view" that is present in the music video, assign a score. A score of 0 indicates that there is none of the relationship element present while a score of 5 indicates a very high level of that relationship element.

Step FOUR: Total your numbers

Add up the scores in both the unhealthy and healthy comment sections. These totals indicate the unhealthy and healthy relationship "views" contained in the music video.

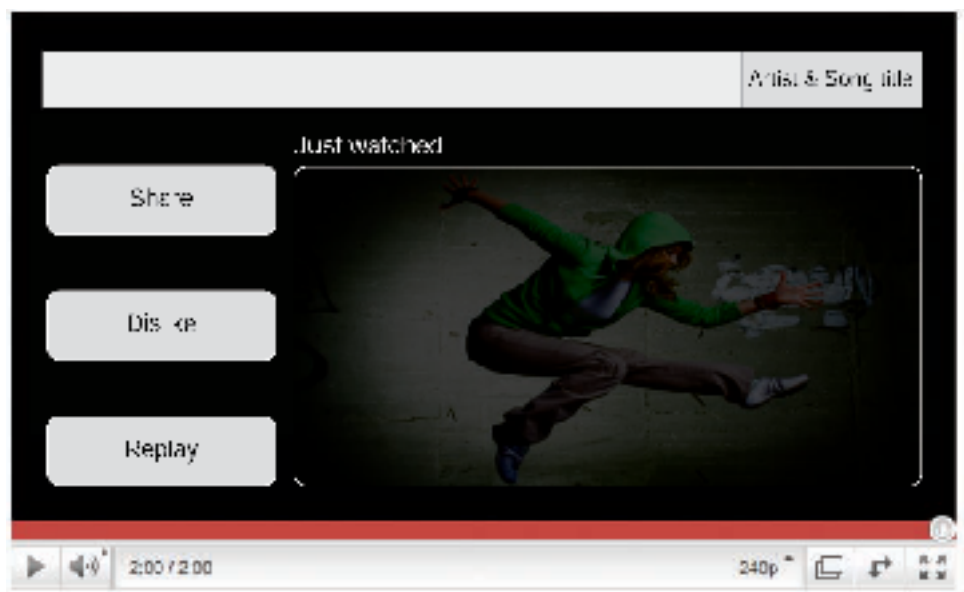
Step FIVE:

Based on your scores, choose one of the three choices in the video screen:

Circle SHARE if you think the overall message about relationships is something you admire and would like to share with others.

Circle DISLIKE if you think the overall message celebrates or glorifies unhealthy relationships.

Circle REPLAY if you are unsure of the overall message. If you circle this choice, you may want to view the video again alone or with another person who might be able to help you evaluate.



Unhealthy Views		0-5
Drama	Wow! This video shows one or both partners doing a lot of making up, making up, yelling, destroying property, etc.	<input type="checkbox"/>
Jealousy	Creepy. This video shows one or both partners constantly calling, checking on, thinking about, or trying to control the other partner, etc.	<input type="checkbox"/>
Disrespect	No way! This video shows one or both partners filling with anger, property, shaming, insulting, disrespecting, etc.	<input type="checkbox"/>
Relationship - sex	Ugh! This video takes place mostly in the bedroom, it shows one or both partners with very few clothes, focuses primarily on the physical parts of the relationship, etc.	<input type="checkbox"/>
Manipulation	Whee! This video shows a partner highlighting gifts in order to get what she/he wants, using alcohol to get sex, etc.	<input type="checkbox"/>
Total Unhealthy Views		<input type="checkbox"/>
Healthy Views		0-5
Fun/Playable	Awesome! This video shows both partners laughing, smiling, doing activities together, etc.	<input type="checkbox"/>
Support	This video shows both partners encouraging each other, watching/judging each other as they try something new, etc.	<input type="checkbox"/>
Respect	Yup! This video shows both partners talking and listening to each other, helping one another, etc.	<input type="checkbox"/>
Equality	Good! This video shows both partners making decisions together, solving problems, making a mutual sex, etc.	<input type="checkbox"/>
Trust	Wow! This video shows both partners showing each other making good choices clearly in the eyes, hanging out with other friends, etc.	<input type="checkbox"/>
Total Healthy Views		<input type="checkbox"/>

Edward & Bella Unhealthy Attachment



Edward and Bella are an example of romanticized violence where unhealthy behaviors such as stalking, obsessiveness, controlling, condescending remarks and talk of death/suicide are depicted in a romantic light.

"Bella does not love Edward in spite of his violent behaviors and thoughts, but rather because of them. His intensity is what draws her to him, and their relationship is seemingly sustained by the volatility of his love for her."⁶

Below are a few examples of unhealthy relationship signs found within the Twilight novels:

- Edward threatens to commit suicide;
 - In order to continue their relationship Bella must say goodbye to her friends and family forever;
 - Edward scares Bella by driving recklessly or with his anger;
-
- Bella is instantly drawn to Edward and their relationship forms very quickly, they even marry quickly;
 - Bella is constantly pressuring Edward for sex, their relationship is very sexual;
 - Edward withholds his love/affection blaming Bella for his actions;
 - Edward damages Bella's property when angry;
 - Edward stalks Bella when she is sleeping and monitors her at all times;
 - Edward abandons Bella in dangerous unfamiliar places;
 - Edward tells Bella where to go and where not to go, he makes all the big decisions;
 - Edward threatens to hurt Bella continuously sometimes with weapons;
 - Edward threatens to take away or hurt Bella's child; and
 - Edward uses physical force and hurts Bella during sex.

⁶Source: McCauley Banner, Kyrie. 2010 *The Romanticism of Teen Dating Violence: the Twilight Series as a Case Study*. Washington: D.C., American University.

Ron & Hermione A Healthy Start

Ron and Hermione's relationship may not be as steamy as others you see or read about but it shows how a relationship that starts off slow and allows them 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 but 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 each others well being and would never intentionally do the other any harm physically or emotionally;
- Their relationship is built on friendship and understanding as apposed 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.



Gender Roles: Where Do I Stand?

Sometimes our beliefs about boys and girls are based on messages we've gotten from friends, family, or the media, but haven't really thought too much about. It's important to make our own decisions about what we choose to believe regarding gender roles. Check the boxes below to indicate whether you agree, disagree or are unsure about each statement.

Gender Role Statement	True	False
1. Boys are born more violent than girls.		
2. Girls are born more emotional than boys.		
3. Women make better parents than men.		
4. A man should be solely responsible for providing financially for his family.		
5. A man should have the right to discipline his wife.		
6. The more often a guy has sex, the more of a man he is.		
7. The more often a girl has sex, the more of a slut she is.		
8. The guy should always pay for a date.		
9. It is okay for someone to hit their girlfriend or boyfriend under some circumstances.		
10. Both people in a couple should have equal say in decision-making.		
11. A man should be embarrassed to be a nurse or secretary because those jobs are for women.		
12. People should be charged for beating up their relationship partners.		
13. Women who dress in overly sexy clothes are asking to get raped or sexually harassed.		
14. Society generally treats men and women as equals.		
15. Guys who don't act aggressively should be made fun of by other guys.		
16. If a girl goes to a guy's room alone with him, then she should expect they're going to have sex.		
17. A man could never get raped.		



Look on the next page for the answers.

Follow-up on Gender Roles

1. False: Both boys and girls can be violent. Through socialization, however, boys are taught that it is okay to use aggression whereas girls are encouraged to hide traits of dominance.
2. False: Both boys and girls are emotional. Through socialization, however, girls are taught that it is okay to show their emotions whereas boys are encouraged to hide their feelings.
3. False: Both women and men have the capacity to be excellent, nurturing parents.
4. False: The division of responsibilities for a family - including financial responsibility – are decisions that a couple should make together based on their particular situation.
5. False: In healthy relationships, men and women are equal. Neither has the right to discipline the other.
6. False: A man who openly enjoys sex and is casual about it is no more or less a man for doing so. As long as he is safe, they are of age of consent and both parties consent, it is no one's business.
7. False: A woman who openly enjoys sex and is casual about it should not have her worth demeaned and assessed by the general public just because of her gender. As long as she is safe, they are of age of consent and both parties consent, it is no one's business.
8. False: In healthy relationships, both partners contribute.
9. False: It is never okay to hit.
10. True: Good communication is key and when disagreements or big decisions arise they should be discussed with both sides taken into consideration before coming up with a solution.
11. False: Men and women have a different perspective on a lot of things, and it's a good thing having both in all professions. Men should not be embarrassed working in non-traditional fields as they are providing a much needed service and can relate differently to their clientele.
12. True: Beating anyone up is a criminal offense and taking serious steps to prevent further abuse is a healthy choice a victim should take.
13. False: Regardless of what a woman is wearing, no means no.
14. False: Society generally places a greater value on masculine traits than feminine ones.
15. False: Aggression is not an indicator of how good or strong a guy is, and bullying is wrong.
16. False: A girl has the right to go anywhere and expect to be treated with respect, and she has the right to refuse sex anywhere and at any time.
17. False: Rape is an act of criminal violence, and anyone can be a victim.

Impacts of Family Violence

A violent parent cannot simultaneously be a good parent. Just by virtue of abusing their mother, an abusive father is not a responsible parent. Whether he intends to or not, his abuse/disrespect of their mother negatively affects the children. It is impossible for children to be unaware of their fathers' core attitude toward their mother: he is role-modeling how to treat their mother and others.

The welfare of children is strongly linked to the physical and emotional safety of the non-offending parent.

Impact on Children and Teens

Not all children who witness abuse grow up to be abused or become abusive, especially if they have a positive role model to follow. This could be a grandparent, a teacher, family of friends. However, exposure to family violence does have a dramatic effect on children.

Children exposed to family violence can be affected as much as the individual experiencing the abuse. Some parents hope that if their children do not see the violence, it will not harm them. Others think they can protect their kids from the impact of abuse. But abuse harms children even if they are not consciously aware of the violence or if they are in a different room when it happens.

Exposure to anger and abuse can affect a child's brain development, emotional well-being and their ability to connect with others and make friends. Children exposed to family violence are more likely to be bullies or be bullied. They are also at greater risk of growing up to be abusive to others, to be abused or both. If a parent stays in an abusive situation, children learn there are few or no consequences for violent behavior. Children may grow up to abuse their partners or others and may accept violence in relationship because they consider violence to be a normal part of a relationship.¹



In Canada:

- 40% of women abused said a child heard or saw the violence or threat. ²
- in 4.4% of the spousal homicides in 2004, children of the perpetrators were also killed. ³
- in 2003, exposure to domestic violence was the second most common form (28%) of substantiated child maltreatment in Canada. ⁴
- On any given day in Canada, about 2,500 children are living in an abused women's shelter with their mothers. 67% were under 10 years of age. ⁵
- The Canadian Incidence Study of Reported Child Abuse and Neglect found that in 9% of cases of children being exposed to domestic violence, there was emotional harm to the children serious enough to require treatment. ⁶

¹ Premier's Action Committee on Family Violence Prevision: www.stopfamilyviolence.pe.ca/index.php3?number=1017052&lang=E

² General Social Survey, 2004.

³ Family Violence in Canada: A Statistical Profile, 2006.

⁴ Canadian Incidence Study of Reported Child Abuse & Neglect 2003; Major Findings, 2005.

⁵ Andrea Taylor-Butts, 2005. Canada's Shelters for Abused Women, 2003/04.

⁶ Canadian Incidence Study of Reported Child Abuse & Neglect, 2003.

Impact on Children and Teens at School

You may see the following in the classroom:

- Frequent aggression and power issues. The child/youth learns that power and dominance are an effective means of getting what they want. They learn that to have power they must have control, and violence maintains both power and control. The child/youth may learn to be aggressive towards classmates and peers. Children and youth may also learn to be submissive and overly accommodating as a response to experiencing/witnessing violent dynamics of power and control.
- The child/youth may believe that only one person can be right. The child/youth's self-esteem may be based on the need to be right, good, or perfect all the time.
- Difficulty understanding limits, boundaries, and expectations. The child/youth may experience life as sometimes punitive and sometimes permissive. The child/youth may push limits in the classroom because of inconsistency at home.
- Emotional outbursts. The child/youth denies their own feelings, which may lead to depression and/or body aches that are caused by stress. The child/youth may have angry outbursts that appear out of proportion to what has happened. The child/youth may be "triggered" based on past trauma.



- Association of gender with roles of violence. Female children/youth may learn to be forgiving, accommodating and submissive; they may consider themselves the cause of problems. Male children/youth may learn forms of violence (emotional, mental, physical) as control strategies. Children and youth may also learn to expect the above behaviours from each gender as well in their relationships with others.
- Hyper-maturity. The child/youth may appear hyper-mature for their age, as they may be in a position of elevation above the mother at home, which may result in disrespect for women. The child/youth may also feel responsible for caring for their mother and protecting their siblings from the violence. The loss of childhood may lead to later rebellion.
- Feeling unsafe. The child/youth often experiences one caretaker as being dangerous, and the other as helpless. This can often be seen as anxiety in the classroom, and distrust of others and their environment.
- Isolation. The child/youth may not feel comfortable bringing friends home due to the unpredictability of the parents' behaviour. The parent may also prohibit the child/youth from participating in extra-curricular activities.
- Secret keeping. The child/youth may not talk about what's happening at home for fear of ridicule, punishment, or loss of credibility if parents deny what the child/youth says. Child and youth witnesses often have a well-developed sense of shame.
- Life outlook restricted. Child and youth witnesses often have a sense of hopelessness about the future, and often live in very unpredictable environments that require them to be hyper-aware of current and building dynamics in their homes for their own safety. As a result, they may have difficulties setting long-term goals.
- Sense of academic failure, absenteeism, and low self-esteem. Families experiencing abuse are generally less able to provide intellectually stimulating and supportive home environments, whether due to the instability of violence or the resulting maternal depression. Many children and youth who witness abuse have reading ages more than a year behind their chronological ages or experience other academic difficulties.

TEEN POWER AND CONTROL WHEEL



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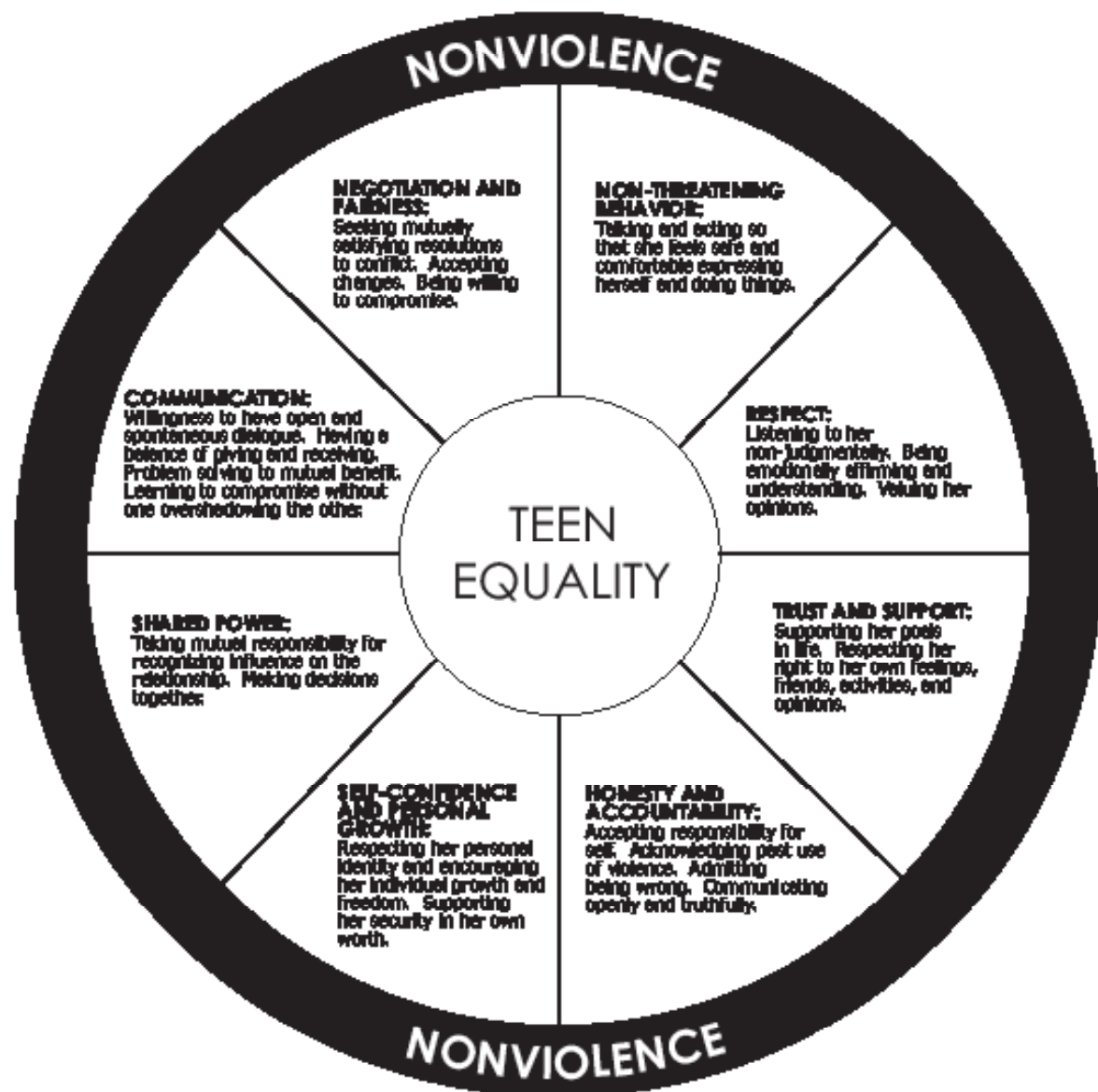
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EQUALITY WHEEL FOR TEENS



**Help is out there!!!
Find your community!**



If you or members of your family are in danger of family violence call the Alison McAteer House at 1.866.223.7775 or your local RCMP.

Family Violence Crisis Lines in the NWT

Alison McAteer House, Yellowknife
Toll Free 1.866.223.7775 or Yellowknife 873.8257

Family Support Centre, Hay River 24 hours 867.873.6626

Inuvik Transition House 24 hours 867.777.3877

Sutherland House, Fort Smith 24 hours 867.872.4133

Tuktoyaktuk Women and Children's Crisis Centre 867.977.2000

Centre for Northern Families, Yellowknife 867.873.9131

Other Help/Supports

Victim Services

If you live outside these centres and need help with your Victim Impact Statement, call collect to 867.920.6911

Yellowknife (call collect) 765.8811

Hay River 876.2020

Fort Good Hope 598.2247

Fort Smith 873.3520

Fort Simpson 695.3136

Inuvik 777.5493

Behchoko/Tlicho 392.6014

Kid's Help Phone: Toll Free 1.800.668.6868

NWT Help Line & AIDs Info Line (7pm-11pm)

Toll Free 1.800.661.0844 or Yellowknife 920.2121

Status of Women Council of the NWT

Toll Free 1.888.234.4485 or Yellowknife 920.6177

NWT Council of Persons with Disabilities

Toll Free 1.800.491.8885 or Yellowknife 873.8230

Seniors' Information Line

Toll Free 1.800.661.0878 or Yellowknife 920.7444

Legal Services Board

Yellowknife (collect calls accepted) 873.7450

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THANK YOU

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Northwest
Territories

Departments of:

- * The Executive -
Women's Advisory,
- * Justice, and
- * Health & Social Services



Status of Women Council
of the NWT

Everyone deserves to be in a safe and healthy relationship.

Do you know if your relationship is healthy? This booklet is filled with resources to help you recognize the healthy and unhealthy aspects of your own relationship, whether it is a family member or a romantic partner. In this booklet you will find quizzes, Internet resources, advice on how to keep yourself safe, how to help a friend who is abusive or being abused and how parents can help. You will read about signs to look for and ways to get support. It is important to know that you are not alone and you are capable of leaving an unhealthy relationship.