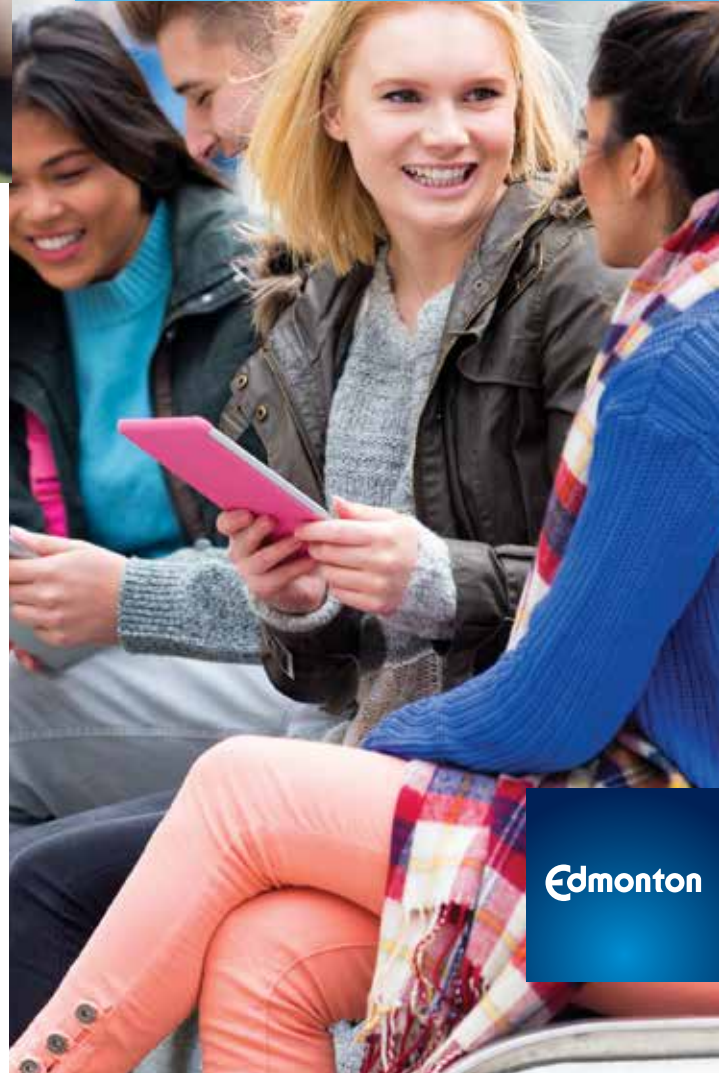




Are You in a Healthy Relationship?

Learn the difference between a healthy and unhealthy relationship, and get help if you need it.



THE BENEFITS OF A HEALTHY RELATIONSHIP

You and your partner:

- feel respected, happy and safe¹
- report fewer emotional and mental health issues
- live longer¹
- have both personal and couple activities

Your children:

- are happier¹
- perform better in school
- have fewer physical health problems
- have more social skills

¹www.humanservices.alberta.ca/documents/PFV/B1376-healthy-relationships.pdf

HOW TO GET HELP

780.496.4777

City of Edmonton

Monday – Friday, 8:30 a.m. – 4:30 p.m.

Call to speak privately with a City social worker.


780.482.HELP (4357)

Distress Line (24 hours)

Find additional local resources online at

edmonton.ca/familysupport.

THE STATS

In a 2015 study among high school students who dated,  **21%** of females and  **10%** of males experienced physical and/or sexual dating violence.¹

AGES Among adult victims of rape, physical violence, and/or stalking by an intimate partner, **11-17** 22% of women and 15% of men first experienced some form of partner violence between 11 and 17 years of age.²

Adults in their twenties and thirties experienced the greatest risk of violent victimization by an intimate partner. ...rates of intimate partner violence were highest among 20- to 24-year olds.³




POLICE REPORT

In 2014, dating violence accounted for 52% of police-reported incidents of intimate partner violence, while spousal violence represented 46%.⁴

¹ 2013 National Youth Risk Behavior Survey

² The National Intimate Partner and Sexual Violence Survey

^{3,4} Statistics Canada



Remember that anybody can be in an unhealthy or abusive relationship.

TYPES OF RELATIONSHIPS

A Healthy Relationship

My partner and I:

- respect each others' friends and families
- connect with our own friends and family
- support each other's interests and time alone
- talk freely and honestly
- see our relationship as a safe place to retreat to and find peace and space
- trust each other, talk about our feelings and respect our differences
- spend quality time together
- work as a team and encourage each other
- take care of each other's physical, mental, emotional and spiritual well-being
- show each other caring, kindness, support and encouragement alone and with others

An Unhealthy or Abusive Relationship

My partner:

- checks my cell phone without permission
- wants constant updates on where I am and who I'm with
- is dominating or controlling
- tries to keep me away from friends and family
- threatens to harm me, my family or my pets
- shouts and gets violent when angry
- uses the silent treatment
- is jealous and possessive
- uses scare tactics
- calls me names
- uses physical violence
- pressures or forces me to have sex
- threatens to blackmail me
- manipulates my feelings