THE BENEFITS OF A HEALTHY RELATIONSHIP

You and your partner:
• feel respected, happy and safe
• report fewer emotional and mental health issues
• live longer
• have both personal and couple activities

Your children:
• are happier
• 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, 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

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

1 2013 National Youth Risk Behavior Survey
2 The National Intimate Partner and Sexual Violence Survey
3 4 Statistics Canada