

IS YOUR RELATIONSHIP HEALTHY?

HEALTHY

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Economic/financial partners
- Equal
- Enjoying personal time away from each other



UNHEALTHY

Your relationship may be unhealthy if your partner:



- Is dishonest, disrespectful, or distrustful
- Doesn't communicate
- Makes you pay for being economically unequal
- Only wants you to spend time with each other
- Pressures you in activities

ABUSIVE

Your relationship may be abusive when your partner:

- Accuses you of cheating when you're not
- Communicates in a threatening or hurtful way
- Controls you
- Isolates you from family and friends
- Denies their abusive actions



IS YOUR RELATIONSHIP AFFECTING YOUR HEALTH?

A lot of people don't realize that having a partner hurt you with their words or injury can affect your health:

- Asthma, diabetes, chronic pain, high blood pressure, cancer
- Smoking, drug and alcohol abuse, unplanned pregnancies and STIs
- Trouble sleeping, depression, anxiety, inability to think or control emotions

SAFETY TIPS FOR STAYING IN THE RELATIONSHIP

- Identify your partner's use and level of force so you can assess the risk of physical danger to yourself and others before it occurs.
- Identify safe areas in your residence and pathways to exit.
- If possible keep your phone on or near you at all times.
- Create several plausible reasons for leaving the house at different times of the day or night.
- If possible, practice how to get out safely.
- Document the abusive behaviours of your partner.
- Back your car into your driveway when you park at home and keep it fueled.
- Be mindful of how clothing or jewelry could be used to physically harm you.
- Share a code word with friends, family, and children to ask for help.

thehotline.org

Make a **safety plan** for you and your children:

If you are experiencing violence at home and need to leave in a hurry

Identify a friend, neighbour, relative, or shelter you can go to



Plan how to get there



Keep ready essential personal items to take with you



NEED HELP

Assaulted Women's Help Line- 24/7 provides services in over 200 languages
1-866-863-0511

Fem'aide-24/7 provides services for francophone women
1-877-336-2433

Sexual Assault Domestic Violence Treatment Centre-24/7 Navigation line
1-855-628-7238

For a list of shelters in Canada/Ontario
Sheltersafe.ca

