



Healthy Relationship Guide

If you're unsure whether your relationship is healthy, you're not alone. Abuse often escalates over time. Understanding the warning signs can help bring clarity and support.

24/7 HELPLINE: 780-479-0058

④ WINhouse

THE SIGNS AND SIGNALS

Gender-based violence is defined as any threat or act of hostile behaviour that can result in physical, sexual, verbal, financial, emotional, or mental harm or suffering to an individual. This includes acts of intimidation, or being denied the freedom to leave or make choices, whether occurring in public or private life.

What is Abuse?

Abuse is a repetitive pattern of behaviours to maintain power and control over an intimate partner. While we often assume that abuse is physical, there are in fact many forms of domestic violence. Some are less obvious and difficult to see, but are no less devastating. Different forms of abuse can be occurring at the same time.

Abuse can happen to anyone of any age, ethnicity, sexual orientation, religion, or gender. Abuse can affect people of all socioeconomic backgrounds and education levels. It has no boundaries.

EXAMPLES OF GENDER-BASED VIOLENCE INCLUDE

- Insults or put-downs
- Embarrassment in front of others
- Making them feel worthless, guilty, ashamed, or responsible for problems in a relationship
- Isolation from family and friends
- Performance of any unwanted sexual behaviour
- Intimidation by use of looks, actions, gestures or threats
- Financial controls such as withholding money
- Threats of violence against you, your family, or pets
- Pushing, choking, slapping or kicking
- Throwing or breaking objects
- Threats to withdraw immigration sponsorship arrangements; and, threats to have you deported

TYPES OF ABUSE

Abusers rarely exercise only one form of abuse. It is often the manipulation of several forms of abuse and behaviour that can go from loving and attentive, to violent and abusive.

Physical

Can include slapping, punching, kicking, and choking, among other physical behaviours.

Sexual Assault / Intimate Partner Sexual Assault

Is being forced against your will to perform sexual acts or to have pain and injury inflicted during sexual activity.

Spiritual

Includes mocking or denigrating your spiritual beliefs or using religious doctrine as justification for abuse.

Financial

Means that you have limited or no access to the family's money and therefore no control over what is spent or saved, what money comes into the family, and what will be bought.

Emotional

Is never-ending criticism, name-calling, and put-downs alone or in public. It includes unjust blaming, false accusations about loyalties, and controls on your time, activities, and actions.

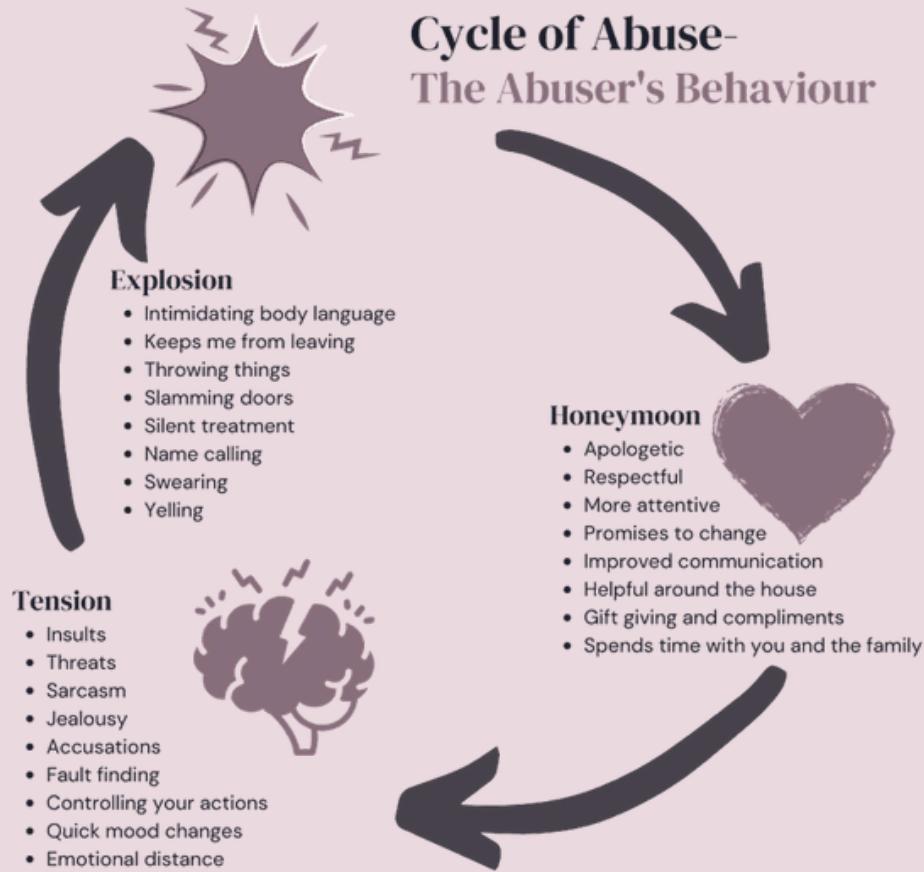
Tech Based Abuse

Is the use of technology to bully, harass, stalk, or intimidate a partner. This includes your partner controlling who your Facebook/Instagram friends are, writing degrading messages about you in public spaces online, and having control of your passwords. The abuser may also access your phone to monitor who you are texting and calling.

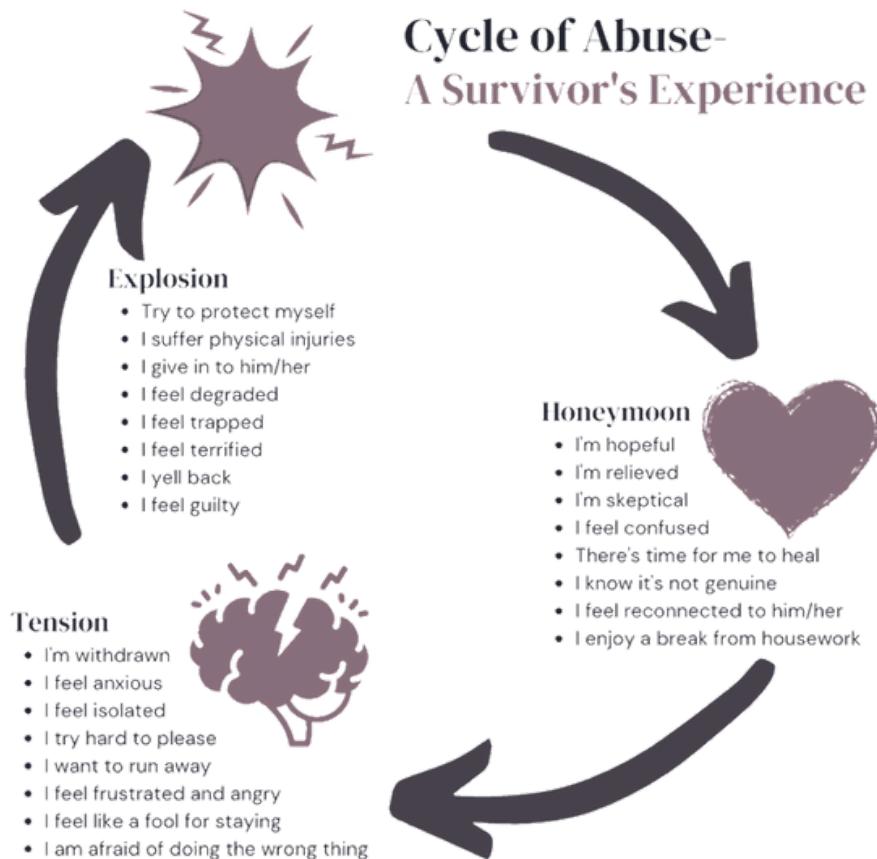
Psychological

Includes living with the constant fear and/or threat of violence against you and/or your children, friends, relatives, and pets. Your partner may be harassing you at work by calling repeatedly or by showing up. They may destruct items that you value, or may make suicide threats.

Cycle of Abuse- The Abuser's Behaviour



Cycle of Abuse- A Survivor's Experience



What Do Healthy Relationships Look Like?

Mutual respect. You and your partner value each other as you are. You respect your own boundaries and the boundaries of your partner.

Trust. You and your partner feel safe and comfortable with each other. You both feel you can rely on each other, and you have confidence your partner wants the best for you.

Open communication. You can talk about what is going on in the moment as it is happening. You both are listened to without judgment. You're both open about details of your lives, like plans or who your friends are, but you respect each other's privacy too. You're not forced to share information you don't want to.

Conflict resolution. Disagreements and frustrations are normal. You and your partner look for compromises/understanding and solutions together, by discussing respectfully and honestly, while remaining on the topic.

Efforts and compromises. Both you and your partner actively make efforts and compromise to maintain the relationship.

Individuality. You and your partner remain unique individuals who can each reach your own goals, have your own friends outside of the relationship, and spend time pursuing your own interests and hobbies.