

a guide for youth about  
healthy relationships



This booklet will provide tips and tools to develop healthy relationships with your friends, boyfriends, girlfriends, partners, Internet friends and classmates.

A large part of the way we now communicate and socialize is through the use of social media sites, such as Facebook, mySpace, Twitter, YouTube, Flickr, Tumblr, Messenger and cell phone texting. As consumers, we should beware and be aware.

*Maybe you or someone you know  
is struggling in a relationship.*

*We hope this booklet can help.*

*It is never too late to get help.*

*Talk to someone you trust.*

COALITION  
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# Popular Lyrics

Some lyrics contained in today's popular music actually speak about and help popularize unhealthy relationships.

**Never put my love out on the line  
Never said yes to the right guy  
Never had trouble getting what I want  
But when it comes to you, I'm never good enough.**

**Yeah had a b\*\*\*\*, but she ain't bad as you  
So hit me up when you passing through  
I'll give you something big enough to tear your a\*\* in two.**

**It's alright, I'm not dangerous  
When you're mine, I'll be generous  
You're irreplaceable  
A collectible  
Just like fine china**

*Discuss lyrics  
with someone you respect and trust*

**Baby I don't want to break your legs  
but I'll do what I gotta just to make you stay.  
You know I'll hunt you down if you ever run away from me.**

# Love

Love is a healthy emotion that grows between two people. It takes time and energy to really know each other; your likes, dislikes, flaws, dreams, pet peeves and all.



Real friendship



Encouraging



Inclusive



Communicates



Supportive



Respectful



# Obsession

Obsession is not love. In the beginning it may feel a lot like love. Obsession is an unhealthy emotion. It becomes more suffocating and controlling over time.



Fake and Shallow



Isolating



Ignores



Intimidating



Putting down



Controlling



# Loves Me-Loves Me Not!

Take this quiz to find out if you are in an unhealthy relationship.

## Loves Me

*Values my opinion*

*Listens to me*

*Treats me as an equal*

*Is truthful with me*

*Admits to being wrong*

*Makes me feel safe*

*Supports my goals*

*Respects me*

*Always tries to understand how I feel*

*Understands my need for  
time alone or with family*

*Makes me laugh*

*Trusts me*

*Likes that I have other friends*

*Respects my family*

*Makes me  
feel comfortable*

*Accepts me as I am*

These are the qualities of a healthy relationship.  
Everyone deserves to be loved.



# Loves Me Not

*Hits me*

*Tries to control me*

*Makes all the decisions*

*Keeps me from seeing  
my friends and family*

*Always blames me*

*Makes me feel afraid*

*Takes my money  
and other things*

*Is sexually demanding*

*Is possessive*

*Gets violent, loses  
temper quickly*

*Is always 'checking up' on me*

*Threatens to leave me if  
I don't do what I'm told*

*Teases, bullies and puts me down*

If you recognize these signs, you or someone you know may be a victim of abuse. Get help! (See back cover.)

# Enemies

Threatening, harassing,  
physically violent,  
cyber attacking,  
hateful & isolating



# Frenemies

Critical, intolerant,  
judgmental, insulting,  
blaming & bullying



# Friends

Honest, respectful,  
compassionate, caring,  
good listener, kind,  
trustworthy & fair





# Healthy vs. Unhealthy Friendship

Think of your friends and people you know.  
Then read through the list below.

## Healthy Friendships are equal

Unhealthy Friendships always have one person giving more than the other

## Healthy Friendships allow each other to grow and change

Unhealthy Friendships are threatened when one person grows or changes

## Healthy Friendships are supportive

Unhealthy Friendships leave you feeling empty and drained

## Healthy Friendships are accepting

Unhealthy Friendships require you to act a certain way

## Healthy Friendships are based on respect for each other

Unhealthy Friendships ridicule one another, gossip or spread rumours

## Healthy Friendships allow you to express your feelings

Unhealthy Friendships don't care about your feelings

## Healthy Friendships respect differences

Unhealthy Friendships demand conformity

## Healthy Friendships are safe and secure

Unhealthy Friendships betray trust and tell secrets

*Take a look at your role as a friend.*

*In what ways are you a healthy friend?*

*In what ways are you an unhealthy friend?*

# Tips for staying safe



Check in with a parent, trusted adult or good friend.



Treat other users online the way you want to be treated. Don't use nasty messages, jokes, videos or photos.



Follow Social Media Etiquette.



It's not wise to meet anyone you've been chatting with online. If you choose to meet, have another person present and meet in a public place. Never go alone!



Trust your gut! If something does not feel right, it probably isn't.



Stand up for yourself and others online and in person.



Never give out personal information online such as your real name, birthdate, home address, or phone number to someone you don't know.



Only accept texts, emails and picture messages from people you know and trust.



Check information you read online before you believe it!



Stop, block or tell a trusted adult if someone or something makes you feel uncomfortable or threatened.



Save any threatening or harassing messages to show the police or a trusted adult.



*If you wouldn't put it on a billboard,  
don't post it online*

*Control where your information goes...  
learn your privacy settings*

*Your next job could depend  
on your "social" profile  
(and pics) - be careful*

*Don't be a cyber-bully,  
and don't let anyone  
bully you online*

*Never give out personal  
information online*

## Provincial Resources

- 1 (709) 772-5400 **RCMP**
- 1 (709) 729-8000 **RNC**
- 1 (709) 729-7970 **Victims Services Provincial Office**
- 1-877-NO-MYTHS **Planned Parenthood-NL Sexual Health Centre**
- 1-800-726-2743 **NL Sexual Assault Crisis & Prevention Centre**

## St. John's Area Resources

- 1 (709) 726-5902 **St. John's Native Friendship Centre**
- 1 (709) 754-0536 **Thrive**
- 1 (709) 753-0220 **St. John's Women's Centre**
- 1 (709) 753-1492 **Iris Kirby House**
- 1 (709) 738-8390 **Naomi Centre**
- 1 (709) 754-0446 **Choices for Youth**

## Regional Resources

The committee would like to express gratitude to all involved in the creation & production of this project; without them this would not have come to fruition.

*Thank  
you*