

## What is not love?

### An unhealthy relationship involves:

one person trying to exert power and control over another.

physical, emotional, verbal, financial or sexual abuse, among others.

people of every race, age, sexual orientation, gender, religion and income level.

the use of fear or intimidation to control how someone talks and acts both now and in the future.

**Abuse is never okay and no one ever deserves to be abused.**

## Community Resources

Emergency Response:  
911

Abused women's community counselling - Grey County:  
376-0755 or 1-800-265-3722  
Bruce County:  
396-9655 or 1-800-265-3026

Sexual Assault Help line:  
1-800-720-7411

Sexual Assault and Partner Abuse Care Centre:  
376-2121 ext. 2458

Men's Program  
372-2720

[www.publichealthgreybruce.on.ca/familyviolence](http://www.publichealthgreybruce.on.ca/familyviolence)



Financial assistance by  
Health Canada



**Our Children  
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Grey Bruce Family Violence Prevention Project

## What is Love?

### A healthy, loving relationship means that you:

trust one another.

respect each other's bodies, opinions, friends, family and belongings.

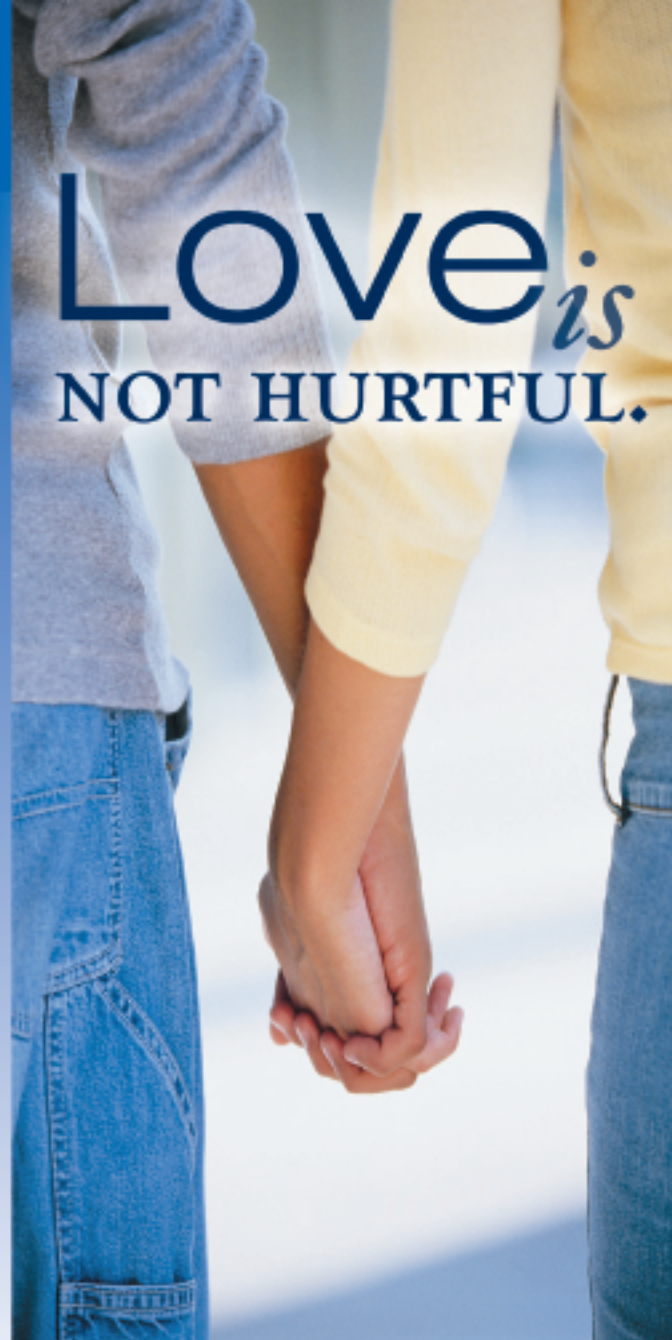
accept each other for who you are.

can be yourself.

support one another's goals and interests.

encourage each other to do and be your best.

**Everyone deserves to be loved and to feel safe and secure in their relationships.**



## What is Abuse?

### **Abuse is a choice.**

Abusive behaviour is intentional. Abusers use it to get what they want from their victim.

### **Abuse is about control.**

Abusers hold more power in the relationship and use this power to enforce his or her will upon the other person.

### **Abuse is often cyclical.**

In abusive relationships, there is often a tension-building period, followed by violence and then apologies, promises or gifts. Over time, the violence tends to escalate.

### **No one deserves to be abused.**

## Could your relationship be unhealthy?

### Early Warning Signs

#### Does your partner...

Act jealously or possessive of you?

Check in on you constantly?

Criticize your appearance, ideas family and friends or embarrass you in front of others?

Boss you around or make most of the decisions about how you spend your time together?

Blame you for his/her problems or for causing the abuse?

Lose his/ her temper easily?

Hit, kick, slap you or push you against walls?

Abuse drugs and/or alcohol?

Deny there is a problem?

#### Do you...

Have a hard time saying no without having to explain why?

Often cancel plans for reasons you can't explain?

Sometimes feel afraid of your partner?

Worry about how your partner might react about what you say or do?

Get pressured into having sex when you don't want to?

Feel isolated from friends and family?

Have signs of physical abuse like bruises or cuts on your body?

Give up things that are important to you?

## What can you do?

### **Communicate.**

Let your partner know what you expect from him/ her.

### **Be realistic.**

You may believe that you can change your partner's behaviour. People can not change people.

### **Be respectful.**

If your partner says no –they mean no. Love is never forced.

### **Set limits.**

When it comes to sex, know before you start how far you want to go.

### **Believe in yourself.**

People with good self-esteem experience less violence and abuse in relationships.

### **Stay sober.**

Drugs and alcohol impair your judgement and influence your behaviour.

*We are each responsible for our own behaviour. We are not responsible for what someone else does.*