



Preventing
RELATIONSHIP
VIOLENCE
Student Manual



What is Making Waves?

Making Waves/Vague par vague is an innovative and successful provincial dating violence prevention program in operation since 1995. Guided by principles of equality, equity and diversity, we engage young people in a peer process to explore and raise awareness of relationship violence issues. Young people become active partners in creating a world in which violence is not tolerated.

Making Waves/Vague par vague, a relationship violence prevention program for teens, was started in 1995 by Simone Leibovitch, Debrah Westenburg and Linda Legere. These three women were working with victims of abuse, and decided it was time to make a difference. They began talking and working with teens, and quickly figured out that young people learn best from their peers. They also figured out that teens have lots of great ideas, and with a little support they are able to do amazing things.

With a Student Advisory Committee to keep us on track, Making Waves/Vague par vague works very hard to raise awareness and to create a world in which EVERYONE knows that violence is not okay. We believe the key to a better future lies in REALLY listening to what youth have to say, and in empowering them to make a difference in their own lives and in the lives of their friends, families, schools and communities.

Making Waves/Vague par vague would love to hear from you!

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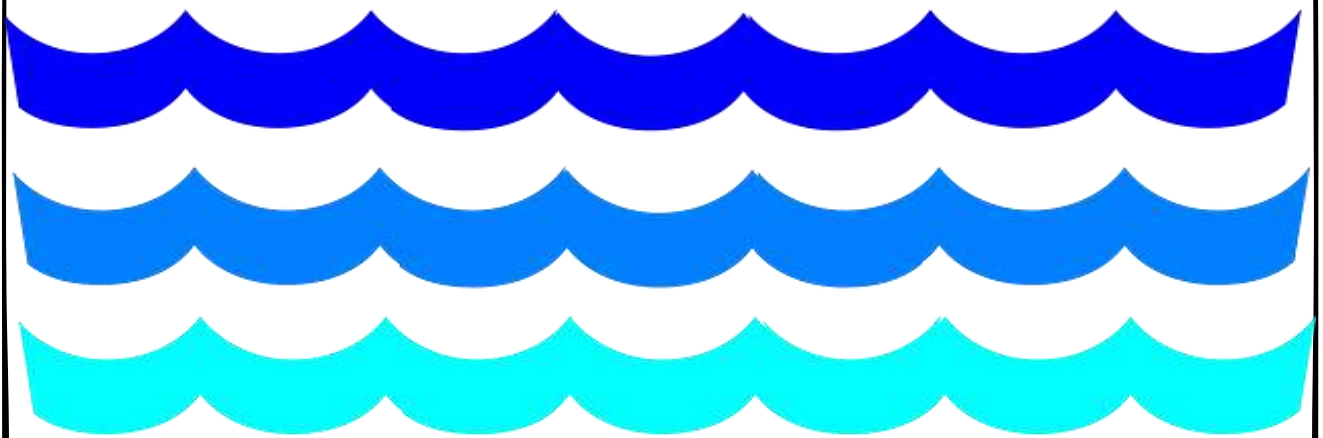
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Where can I get help and information?

Making Waves/Vague par vague is a program of Partners for Youth Inc.

www.partnersforyouth.ca
1-888-739-1555

Fredericton Sexual Assault Crisis Centre

www.fsacc.ca

24-hour crisis line: (506) 454-0437

Chimo is a 24-hour crisis line that provides information, counselling and referrals.

1-800-667-5005
www.chimohelpline.ca

Kids Help Phone is a free 24-hour phone and online professional counseling service for youth.

1-800-668-6868
www.kidshelpphone.ca

Fredericton Lesbians And Gays (FLAG) is a phone line that provides information on sexuality. Opened Mondays and Thursday from 6pm -9pm

(506) 457-2156
1-800-561-4009

Trans Lifeline is a free hotline staffed by transgendered people, dedicated to the well being of the transgendered community.

1 (877) 330-6366

Transition Houses provide safety and shelter for women escaping abusive relationships. They can also provide counseling, advice and education on violence prevention.

Bathurst - Maison de Passage House

(506) 546-9540

Campbellton - Maison Notre Dame

(506) 753-4703

Edmundston - Escale Madavic

(506) 739-6265

www.escalemadavic.com

Fredericton - Women in Transition House

(506) 459-2300

www.ee.unb.ca/Groups/AEEGS/transition.html

Liberty Lane Inc.—Second Stage Housing

(506) 458-9774

www.libertylane.ca

Kent County - Maison Sérénité/Serenity House

(506) 743-1530

Miramichi - Miramichi Emergency Centre for Women

(506) 622-8865

miramichi.shelternet.ca

Moncton - Crossroads for Women/Carrefour pour femmes

(506) 853-0811

www.crossroadsforwomen.ca

Saint John - Hestia House

(506) 634-7570

www.hestiahouse.ca

St. Stephen - Fundy Region Transition House

(506) 466-4485

fundy.shelternet.ca

Tracadie-Sheila - Accueil Ste-Famille

(506) 395-1500

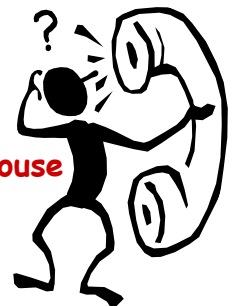
www.accueilstefamille.com

Woodstock - Sanctuary House

(506) 325-9452

Charlottetown PEI - Anderson House

1 800-240-9894



Gignoo Transition House - Provincial Aboriginal Resource (Fredericton)
1-800-565-6878

Based in New Brunswick



www.silentwitness.ca

The New Brunswick Silent Witness Project is a travelling exhibit of life-size red wooden silhouettes, each representing a local woman murdered by a husband, partner or intimate acquaintance. The silhouettes are available to travel to communities to raise awareness of violence in relationships. This website includes information, resources and plays which you could present to your school or community: *A Young Woman's Cry for Help* and *An Aboriginal Youth's Cry for Help*.

www.thehealingjourney.ca

The Healing Journey includes all kinds of information and resources for family violence prevention, developed especially for aboriginal communities.

www.gnb.ca

The provincial government website includes a variety of resources, including:

- *New Brunswick Directory of Services for Victims of Abuse* - www.gnb.ca/0037/report/Directoryeng.pdf
- Executive Council Office, Women's Issues Branch Violence Prevention Initiative - www.gnb.ca/0012/violence/index-e.asp
- *Woman Abuse Protocols* - www2.gnb.ca/content/dam/gnb/Departments/sd-ds/pdf/Protection/Women/WomanAbuse-e.pdf

PLEIS-NB - www.legal-info-legale.nb.ca/en/abuse_and_violence

The Public Legal Education and Information Service of New Brunswick offers a number of publications on abuse and violence, including lots of information and activities.

Muriel McQueen Fergusson Centre for Family Violence Research - www.unb.ca/fredericton/arts/centres/mmfc

This website includes lots of information, research and publications covering family violence and prevention.

National Resources

National Clearinghouse on Family Violence - www.phac-aspc.gc.ca/ncfv-cnivf/index-eng.php

This website includes all kinds of information, resources, statistics and reports on Family Violence

National Aboriginal Circle Against Family Violence - www.nacafv.ca

This website includes lots of information and reports on Family Violence.

Native Women's Association - www.nwac.ca

Aboriginal Youth Network - www.ayn.ca

What's the deal?- www.deal.org

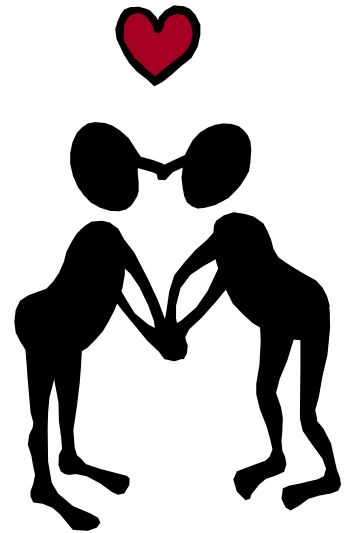
What is dating?

"Dating" means different things to different people, particularly across generations! Still, "dating" can be *generally* defined as two people who are in an intimate relationship. The relationship may be sexual, but it may not and does not have to be. It may be serious or casual, straight or gay, monogamous or open, short-term or long-term.

The important thing to remember is that dating abuse can occur within ALL KINDS of intimate relationships, regardless of race, religion, ability, gender, sexual orientation or culture.

For more info on gender identity, gender expression and sexual orientation go to www.mygsa.ca

Check out www.kidshelpphone.ca and play **True Colours** to test your knowledge on gender identity, sexual orientation and body image! And while you're there, enter **Gender Bread World** to better understand gender stereotypes as well as your own unique gender identity, gender expression, and sexual orientation!



TYPES OF DATING!

People describe relationships in different ways. Whatever you call it, you need to understand and be comfortable with whatever type of relationship you are in. Here are some commonly used words and phrases to describe dating:

- Going out
- Together
- Being with someone
- Seeing each other
- Bf/gf
- Partners
- Various Facebook statuses
- Just friends
- Friends with benefits
- Hooking up
- Hanging out
- A couple

Regardless of the label you use, you and the person you are in a relationship with should both accept the same definition!

Dating FAQ'S

So...are we dating?

It's important that both you and your partner agree on a definition of your relationship; agree on the ground rules! Keep these questions in mind:

- Do you have romantic feelings for this person?
- Are you and the person you're interested in both looking for a committed relationship?
- Do you hang out or go on dates without a group of friends?
- Is the status of your relationship something you've shared online, like on Facebook?
- Do both people in the relationship agree that it's exclusive? Or agree that it's open?

Does "hooking up" count?

Even if you are just "hooking up", your partner should not be disrespectful or controlling. You should be able to communicate your feelings without be afraid of negative consequences or abuse. Remember, the rules of a heathy relationships apply always, regardless of how you define it.

We're not "dating"...how can I be abused?

Abuse effects all types of relationships, not just long-term or committed relationships. If something makes you uncomfortable, scared, or threatened, you could be experiencing the warning signs of an unhealthy relationship.



- ☑ It is **always** okay to end a date early.
- ☑ Tell someone your plans, including where you will be going and what time you expect to be home.
- ☑ Make plans to call someone when you get home so they will know you have arrived safely.
- ☑ Be aware that drugs and alcohol affect behavior and decision making.
- ☑ If you decide to leave a party with someone, make sure to tell a friend. Let them know you are leaving, where you are going, and when you expect to be home.
- ☑ If you are meeting someone in person for the first time, like someone you've only spoken to online, meet in a very public place. You can even bring a friend or invite your date to a group or community event.
- ☑ Arrange your own travel when meeting someone for the first time. If you don't drive, ask a parent or a friend for a ride to and from your date.
- ☑ Have a back-up plan for getting home safely - make sure you have money for a taxi, or that you have a telephone number for someone who is available to pick you up.
- ☑ Be aware of what information you share online. Do not post personal details such as your address or telephone number. Sharing information such as your school or where you work can also allow people to track you down.
- ☑ Do not let your date pressure you into doing something or going somewhere that makes you uncomfortable.
- ☑ Even if you've known someone as a friend, they may behave differently on a date.
- ☑ Remember, people you meet online may not be who they say they are.
- ☑ **Trust your instincts. If you are uncomfortable or something doesn't feel right, get out of the situation.**

Abuse and Violence

IN THIS SECTION...

What is DATING VIOLENCE?

Is Abuse really a CYCLE?

The POWER and CONTROL Wheel

What can ABUSE look like?

HEALTHY? UNHEALTHY? ABUSIVE?

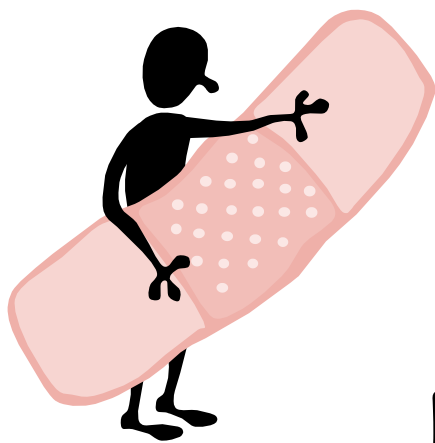
How does ABUSE affect you?

Why do people stay in ABUSIVE relationships?

Why are some people ABUSIVE?

What is dating violence?

Dating violence is abuse or mistreatment that happens between two people who are involved in an intimate relationship: they may be "just dating", call themselves "a couple", or even be "broken up" when the abuse happens.



Some people mistakenly believe an abused person will have lots of bruises or a black eye. There are many different types of abuse, and not all of them leave visible marks!

Know the FACTS!

- ⇒ A person who is being abused is **never** at fault!
- ⇒ **NOBODY** deserves to be abused.
- ⇒ **ANYONE** can be involved in an abusive relationship, as either as the person who is being abusive or the person who is being abused.
- ⇒ You are more likely to be abused by someone you know, like a friend or a partner, than by a stranger!
- ⇒ Abuse can happen in all types of relationships regardless of one's gender identity or sexual orientation.
- ⇒ **You are not alone. If you are abused or need support for a friend, there are people who can help you. If you are in immediate danger, call 911.**

Abuse doesn't just happen to other people. It can happen to you, your friends, your parents, community members...
ANYONE can be involved in an abusive relationship

Is abuse REALLY a cycle?

Understanding abuse as a "cycle" became popular in the 1970's. In fact many therapists, counsellors, educators and the media still use this term today when describing abuse. Recently however, people have been disagreeing with using the word "cycle" because it assumes that abuse is predictable and repetitive. Abusive relationships are not predictable. Abuse does not happen along a specific timeline or in a specific order.

The cycle of abuse has often included these three stages:

1. Tension-building
2. Explosion
3. Calm

IF abuse was *CYCLICAL*, it would be *PREDICTABLE*. While there are often recognizable patterns in relationships, abuse rarely occurs in a predictable cycle.

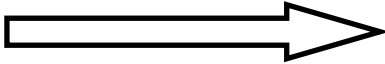
As well, the perceived stage of "calm" is actually a part of the abuse within the relationship. In abusive relationships, niceness, calmness, and happiness occur as tactics for the person who is abusive to maintain power and control.

The "cycle of abuse" is also problematic because it can perpetuate a **victim-blaming** mentality. Meaning, those who are being abused can be blamed for the continuation of abuse, as well as be blamed for not getting out of/ending the relationship in the "calm" stage.

Remember: Abuse does not happen on a **TIMELINE**. Abuse is not something that **COMES AND GOES**.

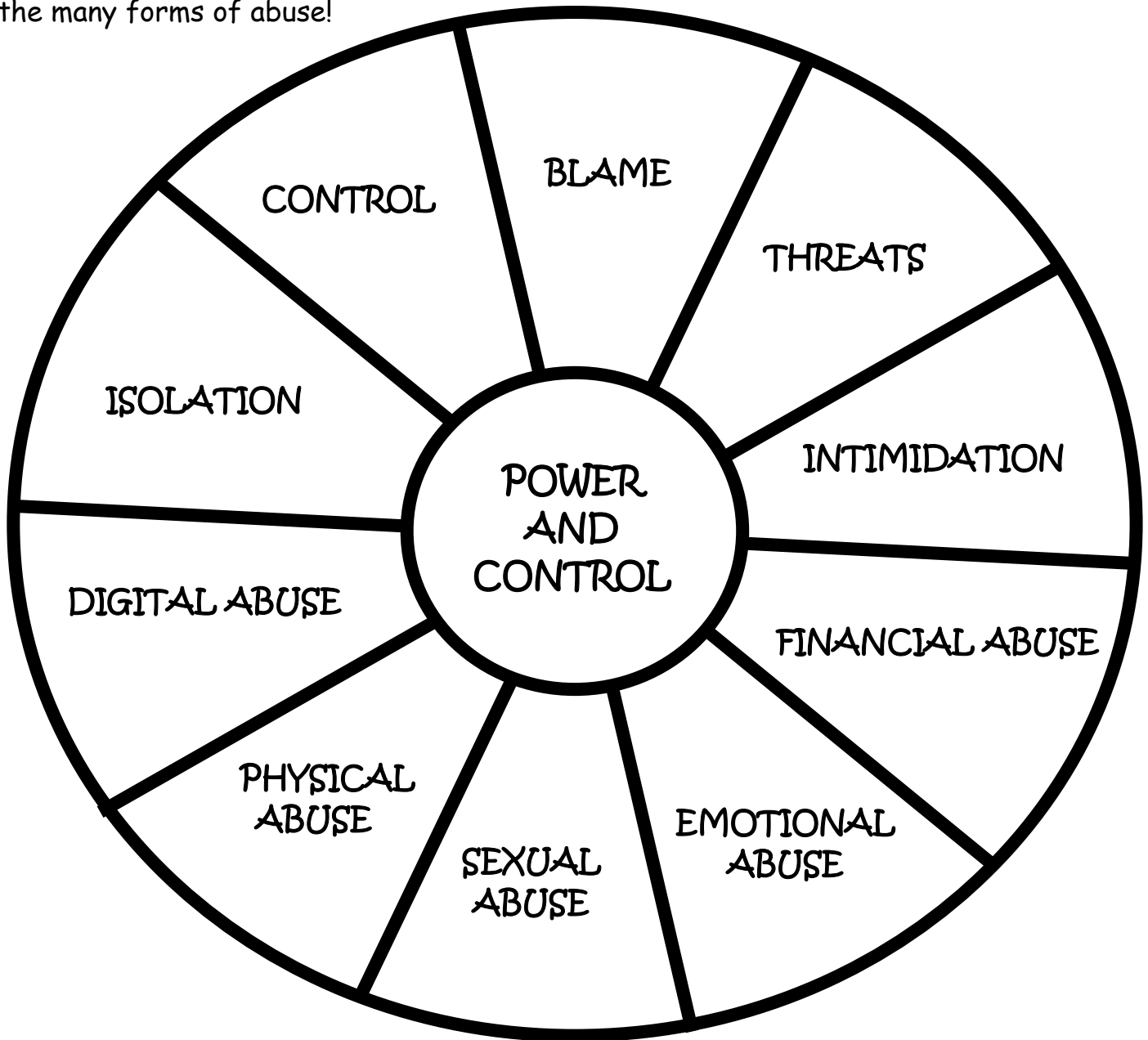


So, if we can't describe abuse as a cycle, how can we describe it?

The **Power and Control Wheel** found on the next page  is a helpful tool to understand the types of behaviours often found in abusive relationships.

The POWER and CONTROL Wheel

People who are abusive often feel **entitled** to be in power and have control over their partner. It is not necessarily about the abusive partner wanting, or desiring this power and control. Instead, it comes from a sense of entitlement. This entitlement to dominate results in abusive tactics that make them feel **POWERFUL** and in **CONTROL** of their partners. Abuse is not just about physical violence. It is important to recognize the many forms of abuse!



The Power and Control Wheel is a useful tool in helping us understand the context and behaviours of abuse. Because there are so many different types of relationships, there are also many different types of Power and Control Wheels! Check out the following website for more info!

<http://stoprelationshipabuse.org/educated/power-and-control-wheels/>

Threats

People who are abusive may tell you "Do what I say...or you'll be sorry." They may threaten to hurt you, or to hurt people you love. They may threaten to hurt things that are important to you like your pets. They may even threaten to hurt themselves.

Sexual Abuse

People who are abusive don't respect your boundaries. They may force or pressure you to do things that make you feel uncomfortable. They may take advantage of you when you are drunk or taking drugs. They may make comments that embarrass you, or call you names like "slut" or "fag".

Isolation/Control

A person who is abusive might tell you not to talk to your family or friends. They may control who you are allowed to talk to, what you are allowed to do, or what you are allowed to wear. They make you feel trapped and alone.

Emotional Abuse

People who are abusive treat you with disrespect. They may call you names, swear at you or tell you you're worthless. They may embarrass you in front of others, not treat you fairly, and make you feel bad about yourself. They may say things like "you're stupid" or "you're such a loser that no one else would ever go out with you."

Digital Abuse

People who are abusive may send you negative and insulting emails/pictures, through Facebook messages, tweets, or other social media. They may use Facebook, Twitter to keep constant tabs on you. They may steal or insist that you give them your password, or constantly text you and make you feel like if you don't respond you will be punished.

Financial Abuse

People who are abusive may control the money you have and force you to spend money on them. They may use money to threaten or manipulate you. They may also control your possessions, like your phone, computer or car. They may prevent you from getting or keeping a job.

Intimidation

People who are abusive make you feel afraid without even touching you. They may yell, swear at you, break things, slam doors, punch walls, or get right in your face. They may give you "the look" or corner you to prevent you from walking away.

Blame

People who are abusive don't accept responsibility for their own actions. They say "it's all your fault" when anything goes wrong, or may blame their bad behaviour on alcohol, drugs, stress, the weather... If they do something that hurts you, they say "It's not my fault. You made me do it!"

Physical Abuse

Violence includes shoving, slapping, choking, punching, pinching, kicking, biting, burning, hair pulling, using a weapon...anything an abuser may do to try to control your behaviour. They may be careful not to leave marks that someone else could recognize as abuse.

What Can ABUSE look like?

My boyfriend hit me. I know that's not okay, but I couldn't break up with him. I love him. He loves me too. That's why he hit me. He told me he loves me so much...I made him jealous by spending too much time with my other friends. I know it won't happen again, if I just spend more time with him.

I didn't sleep with him... but I guess the truth doesn't matter. He's already told everyone that I did on Facebook.

My girlfriend and I have a kid together. We're not getting along well, but when I tried to talk to her about our relationship she said that if I break up with her, I'll never see my son again.

My boyfriend really has a temper. The other day I was late meeting him after school. He got so angry that he punched a big dent in my locker.

I have been in my first same-sex relationship for about two months now. It's going well, but I haven't told my family or my friends. My partner lives in a different community...and said that if we break up everyone will find out I am gay.

I wasn't doing that great in school. My girlfriend was always the top of the class. She posted our grades on Facebook. She made me feel like an idiot.

I used to skateboard everyday, I would put a lot of money into my skateboard. But my partner recently said that it's not fair to spend my money on things that just benefit me, because we're a couple. They said I need to spend money on things we can do together...I guess it means my partner wants to spend more time with me. Now I can't spend any money on myself.

My boyfriend and I are in all the same classes...he said that way we can be together all day. He applied at Dairy Queen when I started working there...now he makes sure we always have the same shifts. He always texts me at midnight to say "I love you", and he freaks out if I don't answer right away.

We dated for about a year, but then we started growing apart. I wanted to go out with other people. My girlfriend said she loved me, and that she couldn't live without me...then she said she'd kill herself if I ever left her.

My partner has my password to my email and to my Facebook account. They say if I have nothing to hide, why does it matter. But I feel weird about it...like I'm being watched. Plus, I don't have their password to anything.

My girlfriend and I have been together for a couple of months. The other day, when I was with a bunch of friends at the park, she drove by and gave me "the look". I didn't know what I had done wrong, but I ran after her to find out.

Can you think of more examples of:

Intimidation

Isolation/Control

Threats

Blame

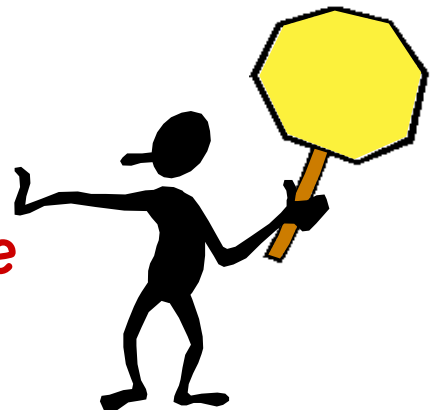
Financial Abuse

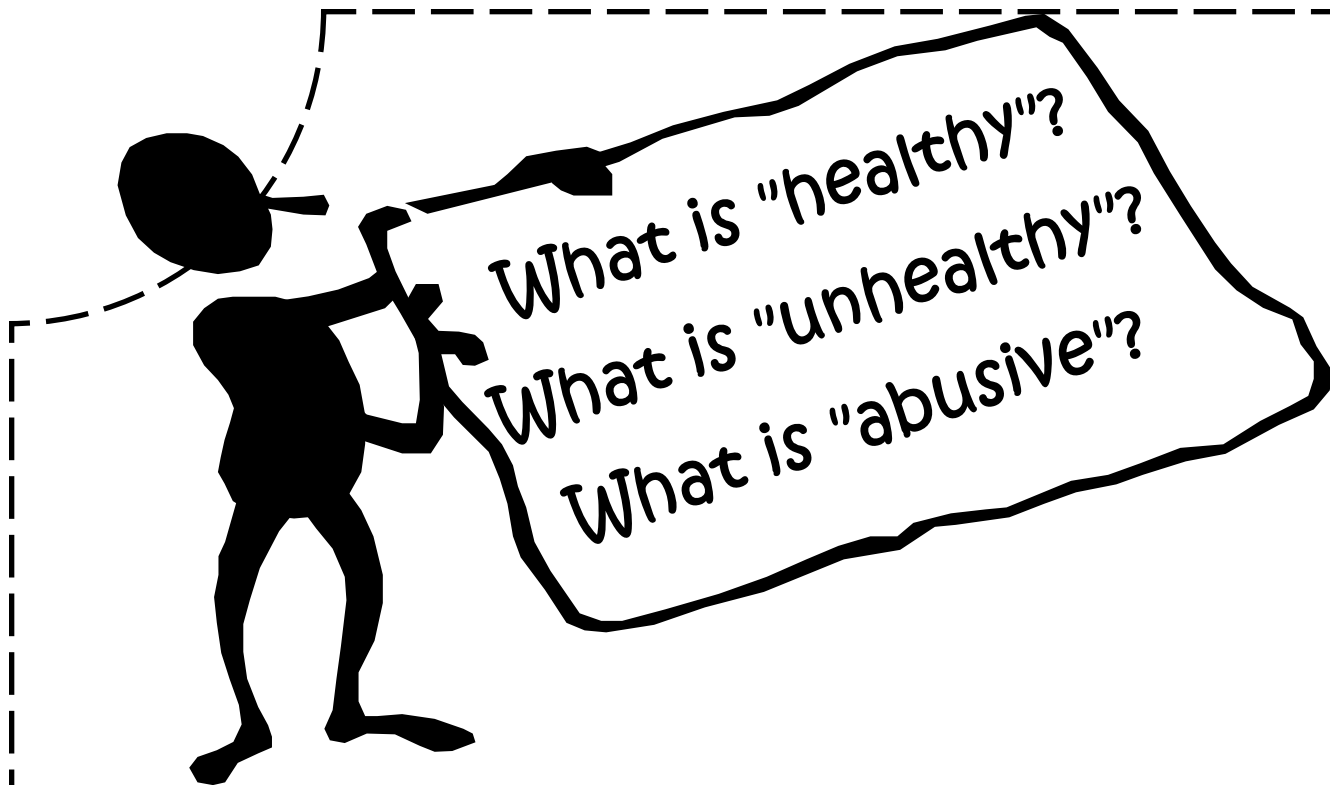
Sexual Abuse

Physical Abuse

Emotional Abuse

Digital Abuse





PERSONAL SPACE

HEALTHY - You trust each other, and are comfortable with your partner spending time with other people.

UNHEALTHY - You feel jealous every time your partner talks about another person.

ABUSIVE - You are accused of flirting all the time, not trusted, and told who you are allowed to talk to.

SEX and INTIMACY

HEALTHY - You are honest about your feelings, able to communicate clearly, and your boundaries are respected.

UNHEALTHY - You are embarrassed to say how you feel because you think your partner won't listen.

ABUSIVE - Your needs and wants are ignored and you are pressured or forced into situations that make you uncomfortable.

CONFLICT

HEALTHY - You can disagree, and still treat each other respectfully.

UNHEALTHY - You can't disagree without having a fight.

ABUSIVE - You're afraid to disagree, for fear of anger or violence.

DISAGREEMENTS

HEALTHY - You are listened to and respected.

UNHEALTHY - You are ignored or feel like you shouldn't express yourself.

ABUSIVE - You are treated with disrespect and are not allowed to have your own opinions.

COMMUNICATION

HEALTHY - You are safe and strong enough to talk about how you feel.

UNHEALTHY - You feel awkward or avoid talking about how you feel.

ABUSIVE - You are afraid to say how you feel because you fear your partner's reaction.

Don't accept disrespect! If your relationship is unhealthy, decide whether you and your partner are willing and able to make it better. If your relationship is abusive, you may need help.

NOBODY DESERVES ABUSE.

How does ABUSE affect you?

You may think that abuse could never happen to you. The truth is, abuse can happen to ANYONE. Both people who are abusive and people who are abused can be any gender, any race or religion, have lots of money or none at all, live in a big city or in a rural area, be big or small, old or young and in a long-term or short-term relationship. There is no way to tell who will become involved in an abusive relationship.



There are all kinds of reasons people become stuck in the web of abuse.

When you are involved in an abusive relationship, you can lose your **self-esteem, confidence, freedom and sense of safety**. Without these things, it can seem almost impossible to leave the relationship!

SELF-ESTEEM

It is important to feel good about yourself. Your partner should value and respect you. Your partner should not make you feel worthless or embarrassed.

It is important to feel capable and able to do things for yourself. Your partner should believe in you. Your partner should not make you feel stupid or not good enough.

CONFIDENCE

It is important to be independent. Your partner should encourage you to be yourself. They should not try to control you or boss you around. You should make your own choices about who to talk to, where to go and what to do.

FREEDOM

It is important to feel secure. Your partner should help you feel safe. They should not make you feel scared, uncomfortable or unsafe.

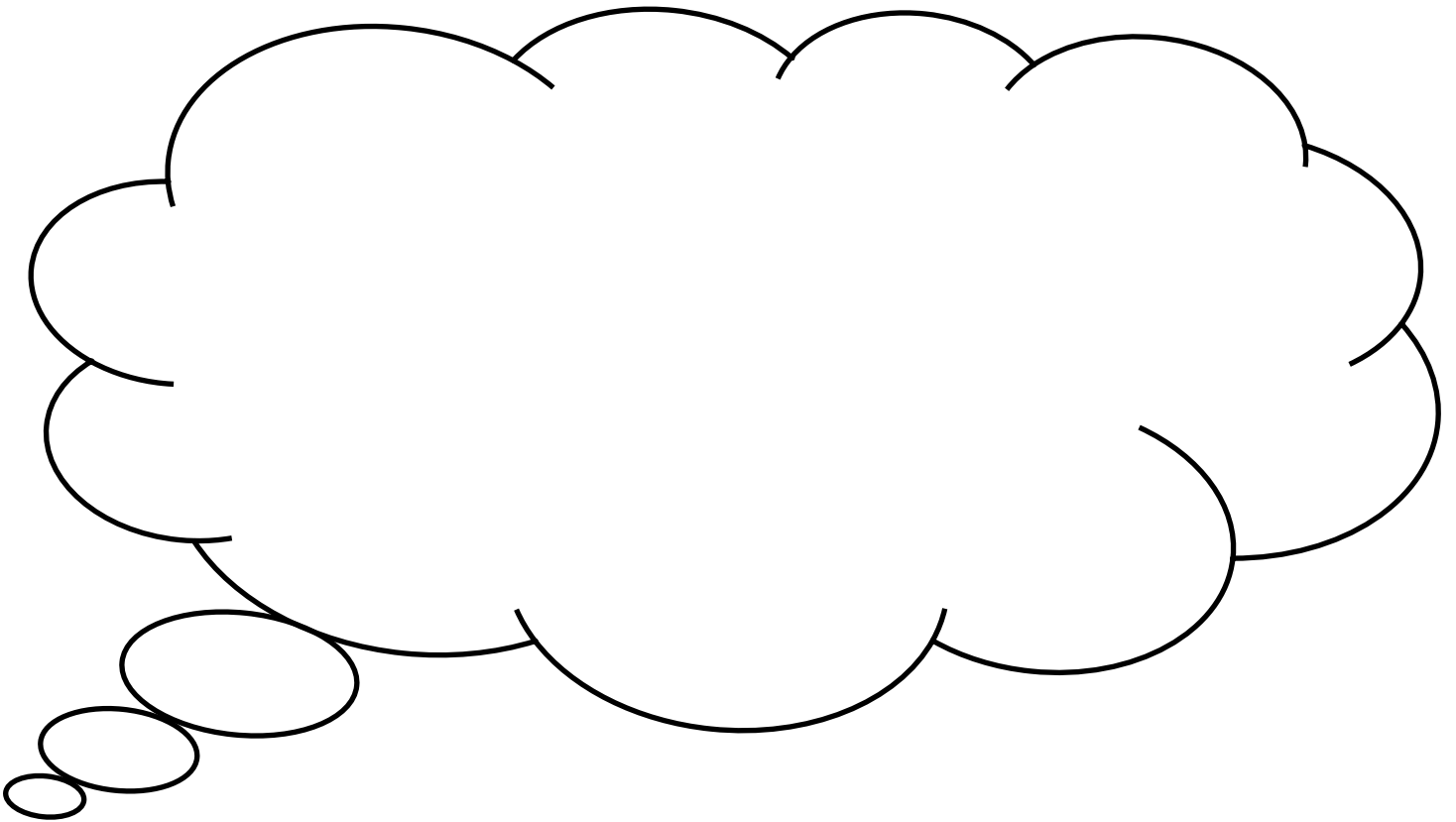
SENSE OF SAFETY

Love is about being valued, respected, trusted, and encouraged. Love is about feeling safe.

When LOVE HURTS:

Why do people stay in abusive relationships?

Use this space to write down your thoughts as to why a person may choose to stay in an abusive relationship, then compare your thoughts to the information and activities on the following pages.



There are all kinds of reasons people can feel trapped in an abusive relationship. Remember - relationships often start off fun and exciting. There may be moments that feel sweet or romantic. You may begin to recognize you are being abused when you have been dating for a while or already feel like you are "in love" with someone.

Even if we broke up, I would see him all the time. There's no way out.

I deserve this. She told me she will kill herself if I leave.

We broke up before, but she always convinces me to come back.

I can handle this. It's not so bad all the time.

This is what my parents' relationship was like. It must be normal.

I am scared to be alone.

I've never heard of a guy being abused.

He has never actually hit me, so it's not really abuse.

It started off great, and I really love her. I know we can fix our problems.

He will hurt me if I leave.

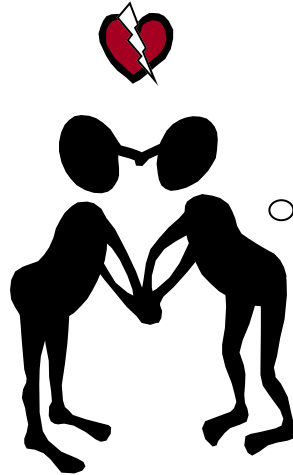
She has a job - I wouldn't have any money if we broke up.

We have a kid together - I don't want to be a single parent.

He only acts jealous because he loves me so much.

Everyone always tells me how lucky I am to be with her.

If we broke up, I would lose all of my friends.



Think about it...

The words that you need to insert in this Sudoku puzzle suggest nine possible reasons as to why person may choose to stay in an abusive relationship.

To solve the Sudoku puzzle:

Each box in the shaded grids (3x3) must contain one of the 9 reasons

Each row of 9 boxes must contain all the reasons

Each column of nine boxes must contain all the reasons

Denial	No Money	Shame	Children	Fear	Blame	No Support	Loyalty	Trapped
Blame	Fear		No Support		Loyalty			
No Support	Loyalty	Children		Denial		Fear		
Fear	Children			No Money		Denial		Loyalty
Shame	Trapped						Blame	
No Money		Loyalty		Blame			Children	Shame
Loyalty		No Support		Trapped		Shame	Fear	
Trapped			Shame		No Support		No Money	Denial
Children		No Money	Denial	Loyalty		Blame		

Stumped? Check it out online! You can find the answers at www.thehealingjourney.ca

Conflicting Emotions, Pressure and Reliance

Hopefully the Sudoku puzzle helped you to think critically about the many reasons a person may choose to stay in an abusive relationship. As you may have already figured out, there are many more than just the suggested nine reasons in the puzzle.

Lets discuss the reasons a little more in depth:



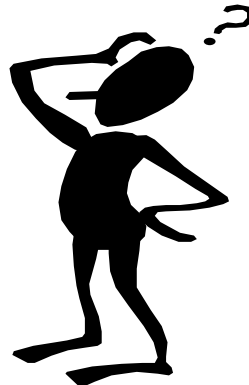
- ♦ **Fear:** A person may be afraid of what will happen if they leave.
- ♦ **Denial:** A person may have grown up in an abusive environment, where abusive relationships were common and not recognized as unhealthy. The person may not believe anything is wrong.
- ♦ **Embarrassment or Shame:** It can be very hard for a person to admit they are being abused.
- ♦ **Blame:** A person who is constantly put down and made to feel worthless, may eventually start believing those things. They may have low self-esteem and believe the abuse is their fault and consequently that there are things they can do to make it better.
- ♦ **No Support:** If the person who is abusive is popular, it can be hard for a person who is being abused to tell their friends and family for fear that no one will believe them or support them.
- ♦ **Loyalty:** A person may stay in an abusive relationship hoping that things will change. The person may want the abuse to stop, not for the relationship to end entirely.
- ♦ **Children:** A person may feel pressure to raise their child/ren with both parents, even if that means staying in an abusive relationship.
- ♦ **Trapped:** Even if they could leave, a person may think they have no where to go and no one to turn to.
- ♦ **No money:** A person may be financially dependent on their abusive partner, without and money it can seem impossible to leave the relationship.

For more information about why people stay in abusive relationships, go to www.loveisrespect.org

Why are some people abusive?

It is NEVER okay to be abusive. There is NO ACCEPTABLE REASON to hurt your partner or treat them with disrespect.

It is hard to understand why some people mistreat or disrespect the people in their lives...especially to the people they say they love.



When trying to figure out why some people are abusive, it may help you to understand that...

A person who is abusive may feel entitled to control others, and may use fear to do so.

Some people feel entitled (that they deserve) to have their own way, and they may think it is okay to use abusive behaviours to accomplish this. They may have been treated this way themselves or may have seen family members be abusive to each other. They may have seen images of abuse on television, in movies or in video games and believe it is okay or normal.

People who are abusive may experience low self-esteem.

People who are abusive may not feel good about themselves. They may be worried that no one will like them, or afraid their partner will leave them. They think that if they act tough and scare others

no one will see they are really afraid.

Some people think that if you love someone you need to control them. They think that controlling someone is like taking care of them. They don't want their partner to make any decisions; they want to control who their partner talks to, where they go and what they do.

A person who is abusive may not have a healthy view of what love is.

A person who is abusive may not have good communication skills.

People may have trouble dealing with problems or be unable to talk about their feelings. They may believe partners should never disagree or have differences of opinion. Instead of learning to communicate, they rely on violence to "solve" their problems.

Some people think they "own" their partner and have a right to control them. They are unreasonably jealous and don't respect their partner as a person. They believe their partner "owes" them sex, and don't consider their partner's feelings.

A person who is abusive may believe they own their partner.

A person who is abusive may believe the myths.

In society, men are often portrayed as macho, tough and in control. Women are often shown as weak, vulnerable and submissive, or the other extreme: sexy, manipulative and selfish. Girls are taught to "make peace", and guys are taught to be a "real man". Some people believe they are worthless unless they are in a relationship. Many still believe that abuse only happens in heterosexual relationships.

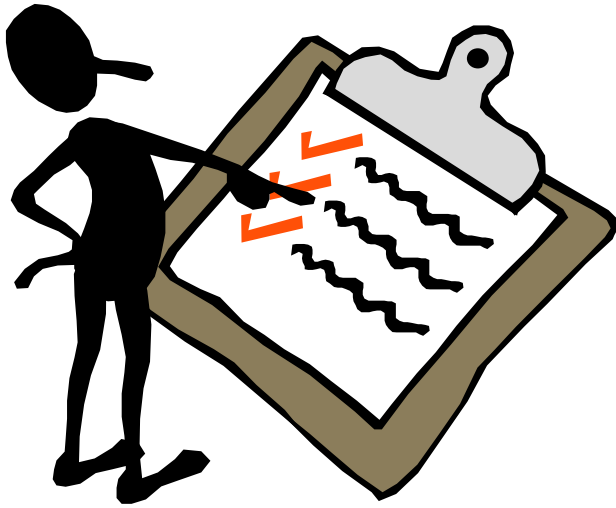
Am I a Good Partner?

Are you a good partner? Answer yes or no and score yourself on the following page to find out!

DO I:

1. Forget to thank my partner when they do something nice for me?	Yes	No
2. Ignore my partner's calls if I don't feel like talking?	Yes	No
3. Get jealous when my partner makes a new friend?	Yes	No
4. Have trouble making time to listen to my partner when something is bothering them?	Yes	No
5. Discourage my partner from trying something new like joining a club?	Yes	No
6. Call, text, or drive by my partner's house a lot?	Yes	No
7. Get upset when my partner wants to hang out with their friends and family?	Yes	No
8. Make fun of my partner for their taste in music or clothing?	Yes	No
9. Criticize my partner for their taste in music or clothing?	Yes	No
10. Make fun of my partner's appearance?	Yes	No
11. Accuse my partner of flirting or cheating even if I'm not sure that's what happened?	Yes	No
12. Take out my frustrations on my partner, like snapping at them or giving them attitude?	Yes	No
13. Throw things if I'm mad at my partner or do things like hit walls or drive dangerously?	Yes	No
14. Read my partner's texts or go through their personal things, like their wallet or purse?	Yes	No
15. Tell my partner they are the reason for my bad mood even if they aren't?	Yes	No
16. Try to make my partner feel guilty about things they have no control over?	Yes	No
17. Sometimes say things to my partner knowing that they are hurtful?	Yes	No
18. Make my partner feel bad about something nice they did for me that I didn't like, even though I know they tried their best?	Yes	No
19. Talk down to or embarrass my partner in front of others?	Yes	No
20. Have sex with my partner even if I think they don't want to go that far?	Yes	No

Scoring



- Give yourself one point for every "yes" you answered for questions 1-4
- Give yourself five points for every "yes" you answered for questions 5-20.

Take your total score and see which category applies to you!

Score: 0 Points

If you got zero points, congratulations! You make a good partner! It sounds like you're very mindful of your actions and respectful of your partner's feelings -- these are the building blocks of a healthy relationships. Keeping things on a good track takes work, so stay with it!

Score: 1-2 Points

If you scored one or two points, there may be a couple of things in your relationship that could use a little attention. Nobody is perfect, but it's important to be mindful of your actions and try to avoid hurting your partners. Remember communication is key to building a healthy relationship!

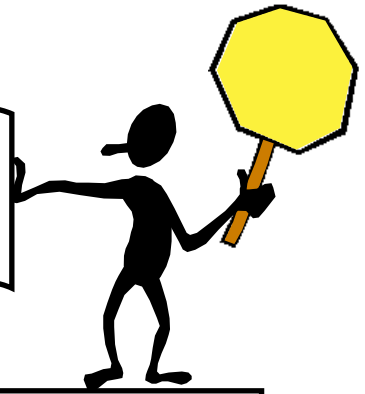
Score: 3-4 Points

If you scored three or four points, it's possible that some of your actions may hurt your partner and relationship. While the behaviours may not be abusive, they can worsen over time if you don't change.

Score: 5 Points or More

If you scored five points or more, some of your actions may be abusive. You may not realize it, but these behaviours are damaging. The first step to improving your relationship is becoming aware of your unhealthy actions and admitting they are wrong. It's important to take responsibility for the problem and get help with it. An unhealthy pattern is hard to change, so chat with someone you trust for more information on how to get help.

Can I Stop Being Abusive?



If you're being abusive toward your partner, the first and **HARDEST** part of changing is admitting your behaviour is **WRONG**.

It's very important to take **RESPONSIBILITY** for the problem and get help to end it. If you've already taken this step, you're on the right track.

What do I need to know?

Changing behaviour is a long and hard process, it takes time and you cannot do it alone. Though you may not know it, you rely on your beliefs and attitudes to justify your abusive behaviour.

With help, you can change and learn how to treat your partner with true respect. It's extremely important that you get professional help through this process.



You should take steps to end **ALL** types of abuse now, not just physical and sexual violence. Addressing the roots of your behavior will take time, but if you want a healthy relationship, you need to make the commitment to change.

www.loveisrespect.org

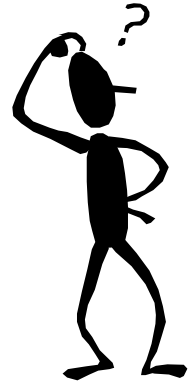
What can I do?

- Remember, violence is a choice. There are no excuses and no one to blame for your behaviour.
- Focus on how your abuse affects your partner, family, or children. Fully accept how seriously you have hurt the people you care about.
- Accept the consequences of your actions. Your partner has the right to get help from the police or the courts. You may face legal consequences for your actions for being abusive, either with jail time or a restraining order.
- Get help from a program that focuses on abusive relationships. A good program will help you stop being abusive and create a better relationship for you and your partner.
- Respect your partner's right to be safe and healthy as you work toward change, even if it means you can't be together.
- Because change is hard, there may be times when you may justify your actions or feel like giving up. Remember your original commitment to change and you'll be more likely to succeed.



Discussion Questions

1. If your best friend were jealous, controlling, or hurtful, they probably wouldn't be your best friend for long. But some people think it's OK to tolerate such behaviour from a partner, boyfriend or girlfriend. Why?
2. People often say that the foundation of a healthy relationship is a good friendship. What does this mean? What are some of the qualities you would look for in both a friend and a partner?
3. Some relationships start off fine, then turn bad. One partner may begin to emotionally, physically, or sexually abuse the other. What are some examples of abusive behaviour? Is the person who is being abused ever responsible?
4. Many people try to impress their friends. In what ways can this type of peer pressure affect relationships?
5. Do you think it is easy or hard to leave an unhealthy relationship? If a friend confided in you that they were being abused, emotionally, physically or sexually, by their partner, what could you do to help?
6. If you are in an abusive relationship, drugs and alcohol can often make an unhealthy situation worse. Think whether or not these following statements justify abusive behaviour:
 - "I didn't mean what I said. I was drunk."
 - "I would never hit you sober."
 - "Drinking turns me into a different person. That's not who I really am."



Check out these online games and challenge your understanding of sex, relationships and dating violence.

Sex and relationship jeopardy:

<http://www.jeopardy.rocks/sex-relationships/play>

Preventing teen dating violence:

<http://jenniferann.org/games>

All About Relationships

IN THIS SECTION...

Healthy Relationships 101

Take a look at your OWN relationship

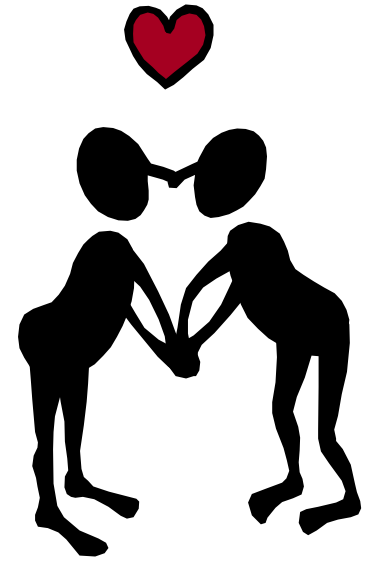
Love is...Love isn't...

How much do YOU know about abuse?

Healthy Relationships 101

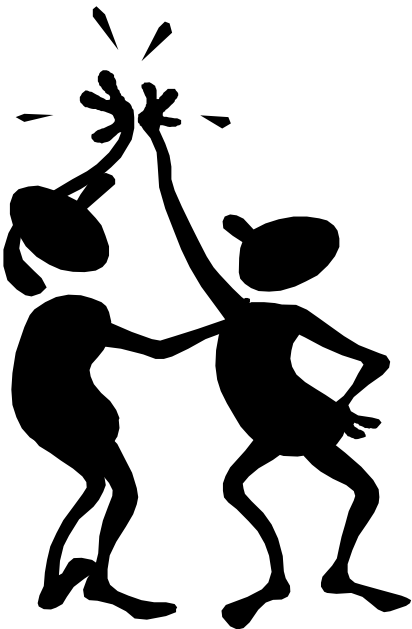
In healthy relationships...

- ♥ You sometimes disagree, and you know it's okay to talk about your differences.
- ♥ You feel comfortable spending time without your partner.
- ♥ You REALLY listen to each other.
- ♥ You respect and value each other.
- ♥ There is no fear.
- ♥ You are equals.
- ♥ You support each other's goals.
- ♥ You feel safe and comfortable.
- ♥ You make decisions together.
- ♥ You do not control each other.
- ♥ You TRUST each other.



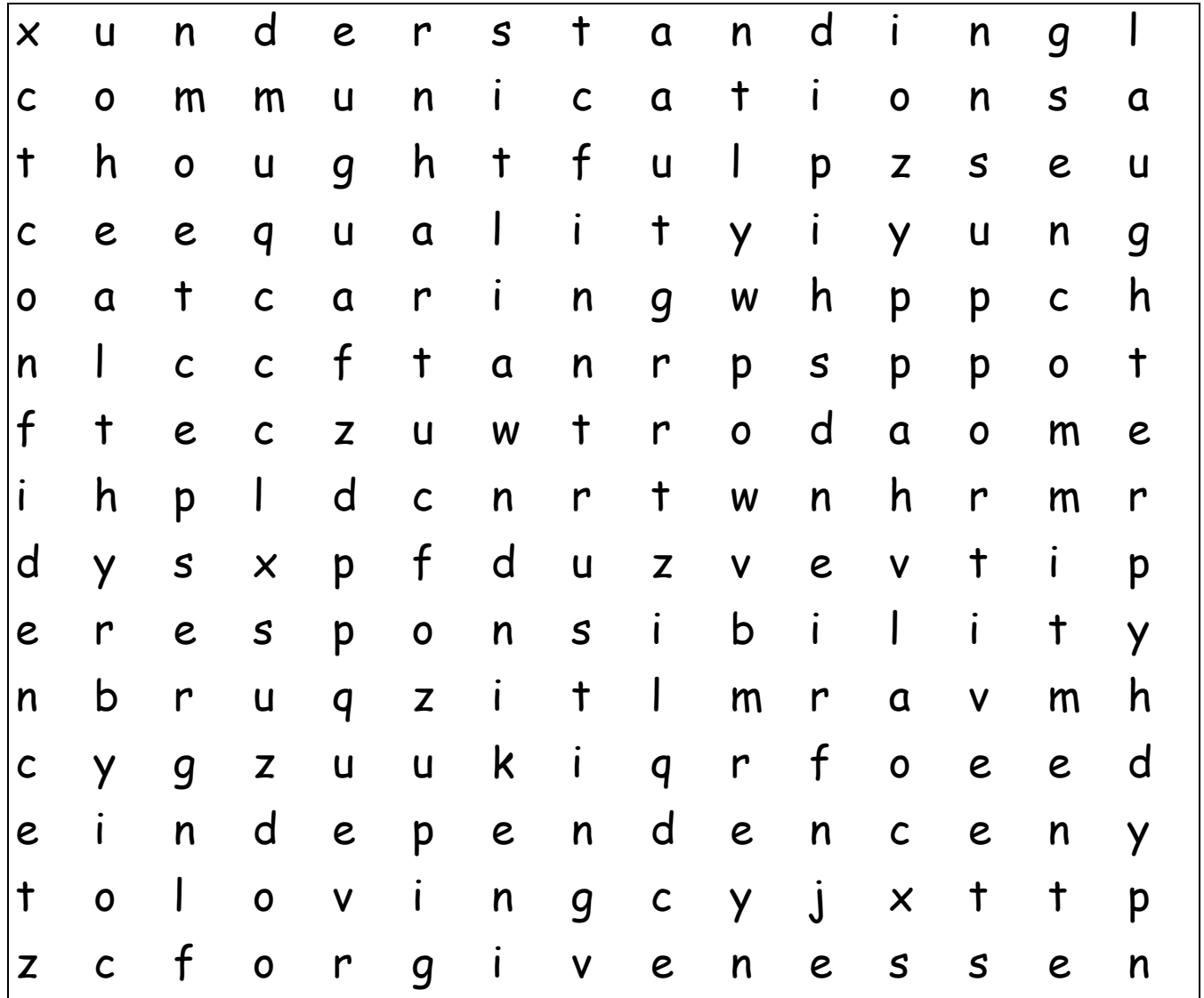
How to have a healthy relationship...

- ♥ Be honest with each other.
- ♥ Give each other personal space and room to breathe.
- ♥ Express yourself clearly.
- ♥ Learn to listen.
- ♥ Be responsible for your own feelings.
- ♥ Respect boundaries and value yourself and your partner.
- ♥ Do not expect your partner to solve all of your problems.
- ♥ Work together to resolve differences.
- ♥ Be true to yourself.
- ♥ Trust and be trusted.



Healthy Relationships 101

It's good to be able to recognize abuse in relationships; it's also important to know what is in a healthy relationship! Search the puzzle below to find words you may use when describing a healthy relationship.



Caring
Supportive
Loving
Independence
Fun

Equality
Commitment
Thoughtful
Respect
Kind

Happy
Forgiveness
Communication
Trusting
Responsibility

Laughter
Healthy
Friendship
Confidence
Understanding

You can find the answers at www.thehealingjourney.ca

Take a look at your own relationship...

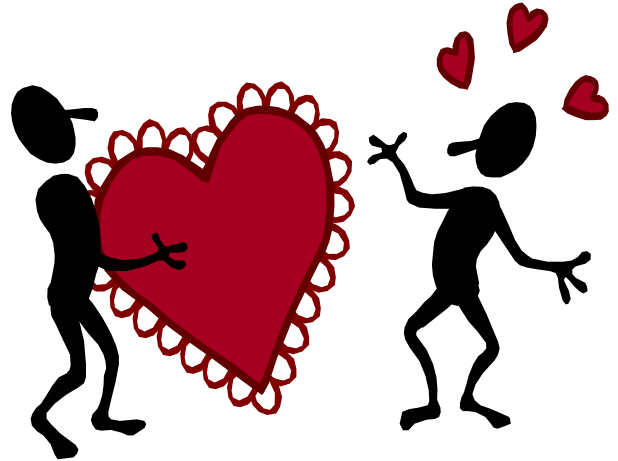
Everyone deserves to be in a safe and healthy relationship! Do you know if your relationship is healthy? Answer yes or no to the following questions, then on the next page you will see how to score your answers.

THE PERSON I'M WITH...

1. Is very supportive	Yes	No
2. Encourages me to try new things	Yes	No
3. Likes to listen when I have something on my mind	Yes	No
4. Understands that I have my own life too	Yes	No
5. Is not liked very well by my friends	Yes	No
6. Says I'm too involved in different activities	Yes	No
7. Texts me or calls me all the time	Yes	No
8. Thinks I spend too much time trying to look nice	Yes	No
9. Gets extremely jealous or possessive	Yes	No
10. Accuses me of flirting or cheating	Yes	No
11. Constantly checks up on me or makes me check in	Yes	No
12. Controls what I wear or how I look	Yes	No
13. Tries to control what I do and who I see	Yes	No
14. Tries to keep me from seeing or talking to my family and friends	Yes	No
15. Has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next	Yes	No
16. Makes me feel nervous or like I'm "walking on eggshells"	Yes	No
17.. Puts me down, calls me names, criticises me	Yes	No
18. Makes me feel like I can't do anything right or blames me for problems	Yes	No
19. Makes me feel like no one else would want me	Yes	No
20. Threatens to hurt me, my friends or my family	Yes	No
21. Threatens to hurt themselves because of me	Yes	No
22. Threatens to destroy my things	Yes	No
23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in someway	Yes	No
24. Breaks or throws things to intimidate me	Yes	No
25. Yells, screams, or humiliates me in front of other people	Yes	No
26. Pressures or forces me into having sex or going farther than I want to	Yes	No

Scoring

- Give yourself one point for every "no" you answered for numbers 1-4
- Give yourself one point for every "yes" you answered for numbers 5-8
- Give yourself five points for every "yes" for numbers 9 and above



Now, take your total score and see which category applies to you!

Score: 0 Points

You got a zero? Don't worry -- it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up!

Score: 1-2 Points

If you scored one or two points, you might be noticing a couple things in your relationships that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing. Talk to your partner and let them know what you like and don't like, encourage them to do the same! Remember, communication is always important when building a healthy relationship.

Score: 3-4 Points

If you scored three or four points, it sounds like you may be seeing some warning signs of an abusive relationship. Don't ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect -- it takes work! But in a healthy relationship you won't find abusive behaviours

Score: 5 or More Points

If you scored five or more points, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety. Consider making a safety plan, refer to pages 49-52 in this manual. **Call Chimo or Kids Help Phone for support, or talk to your school counsellor. Talk to someone you TRUST.**

Love is...Love isn't...

Think about whether each of the following words is part of a healthy relationship or an unhealthy/abusive relationship.

Manipulation	Being ignored	Comfort	Changing yourself
Trust	Communication	Caring	Consensual touch
Sex	Isolation	Fear	Bossiness
Honesty	Jealousy	Pleasure	Giving up yourself
Cruelty	Bullying	Obsession	Working together
Sharing	Closeness	Safety	Unwanted touching
Compromising	Being mean	Lies	Being selfish
Respect	Pain	Independence	Strong feelings
Friendship	Responsibility	Violence	Hard work
Fun	Danger	Openness	Intimidation

This can also be done as a group activity. Print each of the words in large letters on separate index cards. Divide a wall into three sections labeled "Love is...", "Love isn't..." and "Unsure/It depends". Distribute the index cards to participants and ask them to place the words where they best fit. Once all of the words are categorized, go over each one as a group to generate discussion and explore differences of opinion. If participants disagree as to the placement of a word, point out how difficult it can be for people to figure out the differences between healthy, unhealthy and abusive when they are affected by the strong emotions of a complicated relationship.

How much do you know about abuse?

Decide whether you think each statement is TRUE or FALSE...
then check your answers on the following page.

1 - A person who is abused sometimes does things to deserve it.

TRUE or FALSE

2 - Jealousy is a sign of love.

TRUE or FALSE

3 - If you really love someone, you can change them.

TRUE or FALSE

4 - Alcohol causes abuse.

TRUE or FALSE

5 - Abusers are just "out of control".

TRUE or FALSE

6 - A person who stays in a bad relationship must like the abuse.

TRUE or FALSE

7 - Girls never abuse guys.

TRUE or FALSE

8 - Violence is the most serious form of abuse.

TRUE or FALSE

9 - Abuse doesn't happen in gay or lesbian relationships.

TRUE or FALSE

10 - People in love need to spend most of their time together.

TRUE or FALSE

POP
QUIZ

Think
you
know
your
stuff?

Turn
the
page
to
find
out...

POP QUIZ

Answers

People have all kinds of ideas about abuse. Don't believe the myths! Here are the facts:

- 1. A person who is abused sometimes does things to deserve it...FALSE!** No one deserves to be abused. Even if someone makes a mistake or does something to make you angry, violence is never the answer. There are ALWAYS better solutions than violence or abuse.
- 2. Jealousy is a sign of love...FALSE!** Jealousy is a sign of mistrust. While jealousy is a natural feeling that everyone experiences, it is not okay to try to control your partner because of your jealousy.
- 3. If you really love someone, you can change them...FALSE!** If you "love" someone, you shouldn't try to change them. If they have a lot of problems or if they are abusive, they need to change their own behaviours. You can't control your partner or prevent them from being abusive.
- 4. Alcohol causes abuse...FALSE!** Many people who drink alcohol do not abuse others. Many people abuse others without drinking alcohol. Some people blame alcohol for their bad behaviour, but drinking alcohol is not an excuse for violence.
- 5. Abusers are just "out of control"...FALSE!** Abusers know what they are doing and are responsible for their actions.
- 6. A person who stays in a bad relationship must like the abuse...FALSE!** No one likes to be hurt. A person in love can feel very confused: they don't want the relationship to end but they do want the abuse to stop.
- 7. Girls never abuse guys...FALSE!** Anyone can be hurt or disrespected by someone they care about, including guys. Some girls are controlling and violent.
- 8. Violence is the most serious form of abuse...FALSE!** Violence is just one of many forms of abuse. All forms of abuse are serious. Without even touching you, your partner can make you feel isolated, uncomfortable, trapped or afraid.
- 9. Abuse doesn't happen in gay or lesbian relationships...FALSE!** Abuse happens in all kinds of relationships. Same sex relationships can be controlling or violent, just like relationships between girls and guys.
- 10. People in love need to spend most of their time together...FALSE!** In a healthy relationship, you need your own space to grow, to have your own friends, and to be comfortable doing things with or without your partner.

Dealing with Abuse

IN THIS SECTION...

Let's TALK

Is there TOO MUCH ANGER?

What if you are AFRAID?

Time to GO?

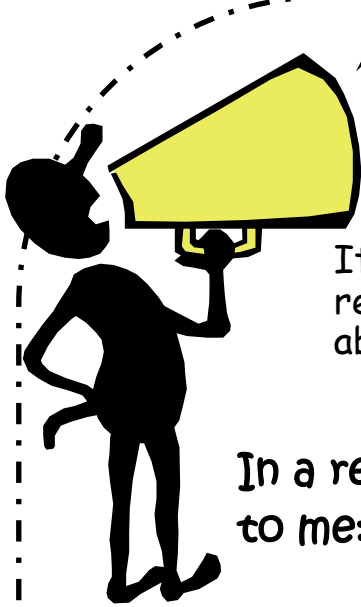
Breaking up: SAFETY Tips

Where can I get HELP?

A teens guide to SAFETY PLANING

How to Help a Friend who is being abused

How to Help a Friend who is ABUSIVE



LET'S TALK

It's important to get to know your partner and to talk about relationship "stuff". Here are a few things for you to think about...for yourself, or with your partner.

In a relationship, the following things are important to me:

Things I look for in a partner:

It is NOT OKAY if my partner...

If I feel we are spending too much time together, I will...

If my partner wants to do something sexually that I don't want to do, I will...

If I feel jealous, I will...

If my partner comes to me with a problem, I will...

If my partner tries to control who I hang out with, I will...

When I am angry at my partner I will...

Drugs and alcohol affect behaviour. If my partner is drunk/**using drugs**, or if I am drunk/**using drugs**, I will...

If my partner is violent, I will...

Is there too much anger?

What if your partner gets angry and scares you? What if they break things or punch walls when they get upset? What if they get mad and blame you for things that aren't your fault?



Talk to them when you are both calm, not in the middle of an argument. **Neither of you should be under the influence of drugs or alcohol.** Tell them the anger scares you, and it must stop. Talk about how they are going to change their behaviour.

Let them know that YOU cannot change their behaviour. They may need professional help if the relationship is going to continue.

Talk to friends, family or people you trust. It is easier to figure out what to do about bad behaviour when you have help and support.

Think about whether you want to stay in the relationship. Decide what is best for YOU.

Talk to someone you trust about your relationship concerns, like a friend, parent, or counsellor. Even chat with someone anonymously at Chimo at 1-800-667-5005

What if you are afraid and feel in danger?

Abuse and violence are serious.

Take action to get out of dangerous situations.

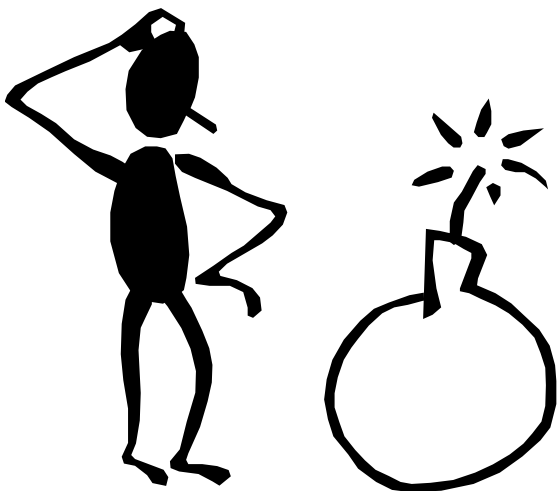
If you are hurt or scared, talk to someone who can protect you. Ask for help. You can talk to your parents, **relatives**, teachers, guidance counselors, the principal, **community members**, the police, or any person you trust.

You may need to break up with your partner. If they are violent, you should not talk to them alone.

Anyone can call a women's shelter or transition house for help and support. The people working at these shelters understand what abuse is all about, and will help you figure out how to be safe. You don't have to tell them your name...just tell them you are worried and they will try to help.

In New Brunswick, there is a list of helpful numbers on the second page of this manual of all telephone directories.

There are people who can help you. You are not alone.



People have been badly hurt when they didn't take violence seriously.

Protect yourself. Get help.

Time to go?

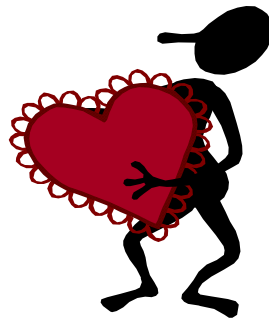
Love isn't about fear and control. Staying with a partner who hurts you won't help. The best way to help is to not let them get away with treating you abusively. Tell them how they are affecting you. Let them know they need help. Even if you love someone, you can't take away their anger.

What if I decide to break up?

Breaking up can be a very difficult decision. Maybe you love your partner, and hope they will change. Maybe you're scared they will hurt you, or scared to be alone. Your partner may cry, tell you they love you, say they can't live without you and even threaten suicide. You may be worried about running into them at school or in your community.

It can be really hard to break up, especially if you love someone or if they say they love you. Remember, if someone is treating you badly, they are NOT loving or respecting you. You deserve to be loved and respected.

Your partner might pressure you if you try to break up. They may promise to change. Maybe they will treat you better for a while, or maybe they'll go back to hurting you. The abuse and violence probably won't just go away. It usually gets worse over time, as your partner learns they can abuse you and you will keep forgiving them.



Being ready for a relationship means being ready to make difficult decisions if it's not working.

Breaking Up: Safety Tips for Ending a Relationship



Breaking up can be dangerous. If there is violence in your relationship, it may continue or get worse after you break up. Your ex may harass or stalk you, or threaten to hurt you, your loved ones or your pets. Help is available. Transition houses can provide advice and counseling to everyone. You may even need to call the police. Don't be embarrassed to ask for help - ABUSE CAN HAPPEN TO ANYONE.

- ☑ It might be safer to break up in a public space.
- ☑ Bring a friend to support you if you think it would be helpful.
- ☑ Tell friends your concerns.
- ☑ If you are not comfortable being alone at home or in public spaces, ask friends or family members to stay near you.
- ☑ Keep important telephone numbers in you cell phone or in your wallet in case you need to call for help.
- ☑ Block unwanted numbers from calling you.
- ☑ Change your email accounts and passwords.
- ☑ Update your settings on social network accounts (like Facebook) to block unwanted visitors, and ensure your privacy settings will keep you safe.
- ☑ It could be helpful to tell teachers or a guidance counselor what is going on.
- ☑ Tell your boss if you think your ex might visit your workplace.
- ☑ If your ex confronts you, leave as quickly as possible.

Where can I get help?

The
POLICE

Your BROTHER

Your
PARENTS

TEACHERS

An AUNT
or UNCLE

COMMUNITY
MEMBERS

A TRANSITION HOUSE

FAMILY DOCTOR

PARTNERS
FOR YOUTH

ELDERS

GRANDPARENTS

GUIDANCE COUNSELLORS

SEXUAL ASSAULT
CRISIS CENTRE

Your
SISTER

A FRIEND

Your
COACH

YOUTH
GROUP

TEEN
CENTRE

FRIENDSHIP
CENTRE

COMMUNITY
CENTRE

FAMILY RESOURCE CENTRE



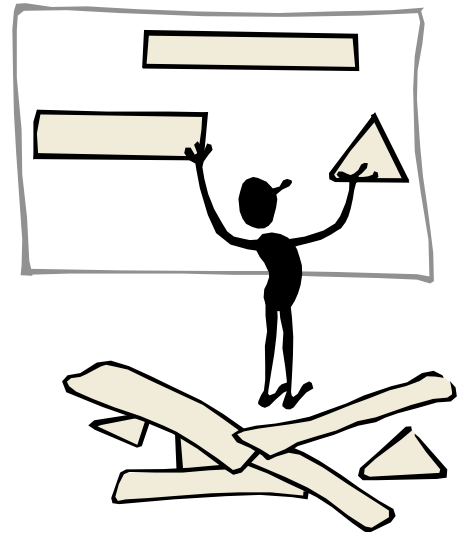
A Teen's Guide to Safety Planning

Where will I turn if I need help?

Whether you are single, "just dating" or in a committed relationship, it is important to think about your safety!

Why do I need a safety plan?

Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is hurting you, it's important to know that *the abuse is not your fault*. It is also important for you to start thinking of ways to keep yourself safe from abuse...whether you decide to end the relationship or not. While you can't control your partner's behaviour, you *can* take action to keep yourself as safe as possible!



What is a safety plan?

A safety plan is a practical guide that helps lower your risk of being hurt by the person who is abusing you. It includes information specific to you and your life that will keep you safe.

How do I make a safety plan?

Take some time for yourself to go through each section of this safety planning guide. You can complete it on your own, or with a friend or adult you trust.

KEEP IN MIND: Be sure to keep a copy of your safety plan in a secure and accessible location. It may even be a good idea to give a copy to someone you trust!

Safety Plan Pg 1

Staying Safe at School

The safest way for me to get to and from school is:

If I need to leave school in an emergency, I can get home safely by:

I can make sure that a friend can walk with me between classes. I will ask:

I will eat lunch and spend free periods in an area where there are school staff or faculty near by. These are some areas where I feel safe:

I could talk to the following people at school if I need to rearrange my schedule in order to avoid the person who is abusing me, or if I need help with staying safe at school:

School Counsellor
Coach
Teachers:

Principal
Assistant/vice principal
School security
Other:

If I live with my abuser, I will have a bag ready with these important items in case I need to leave quickly (check all that apply):

- cell phone and charger
- spare money
- keys
- driver's license or other form of ID
- birth certificate, social security card, other documents
- change of clothes
- medications
- special photo or other valuable items
- If I have children, anything they may need (diapers, clothes, formula, important papers)

Staying Safe at Home

I can tell this family member about what is going on in my relationship:

There may be times when no one else is home. During those times, I can have people stay with me. I will ask:

The safest way for me to leave my house in an emergency is:

If I have to leave in an emergency, I should try to go to a place that is public, safe, and unknown by my abuser. I could go here:

And/or here: _____

I will use a code word so that I can alert my family, friends, or neighbours to call for help without my abuser knowing it. My code word is:

Safety Plan Pg 2

Staying Safe Emotionally

The person who is abusing me often tries to make me feel bad about myself by saying or doing this:

When they do this, I will think of things I like about myself:

I will do things I enjoy like:

I will join clubs or organizations that interest me, like:

If I feel down, depressed or scared, I can call the following friends or family members:

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

During an emergency, I could call the following friends or family members at any time of day or night:

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Getting Help in Your Community

For EMERGENCIES: 911

CHIMO 24 hr Crisis Line: 1-800-667-5005

Local police station: _____

Phone #: _____

Address: _____

Local domestic violence organization: _____

Phone #: _____

Address: _____

Local free legal advice: _____

Phone #: _____

Address: _____

Nearest youth shelter: _____

Phone #: _____

Address: _____

Safety Plan Pg 3

These are things I can do to keep myself safe everyday:

- I will carry my cell phone and important phone numbers on me at all times
- I will keep in touch with someone I trust about where I am/what I am doing
- I will stay out of isolated places and try to never walk around alone
- I will avoid places where my abuser or their friends or family are likely to be
- I will keep the doors/windows locks when I am home, especially if I am alone
- I will avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous
- I will call 911 if my safety is at risk
- I can look into getting a protective order so that I'll have legal support in keeping my abuser away
- I will remember that the abuse is not my fault and that I deserve a safe and healthy relationship

These are things I can do to help keep myself safe in my social life:

- I will ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help
- If possible, I will go to different malls, banks, grocery stores, movie theaters, etc. than the ones my abuser goes to or knows about
- I will not go out alone, especially at night
- No matter where I go, I will be aware of how to leave safely in case of an emergency
- I will leave if I feel uncomfortable in a situation, no matter what my friends are doing
- I will spend time with people who make me feel safe, supported and good about myself

These are things I can do to stay safe online and with my cell phone:

- I will not say or do anything online that I wouldn't in person
- I will set all my online profiles to be as private as they can be
- I will save and keep track of any abusive, threatening or harassing comments, posts, or texts
- I will never give my password to anyone other than my parents or guardians
- If the abuse and harassment does not stop, I will change my usernames, email addresses, and/or cell phone number
- I will not answer calls from unknown, blocked, or private numbers
- I can see if my phone company can block my abuser's phone number from calling my phone
- I will not communicate with my abuser using any type of technology if unnecessary, since any form of communication can be recorded and possibly used against me in the future

Notes...

How to Help a Friend who is being abused

TALK to them.
REALLY LISTEN to what they have to say. Don't interrupt.
Let them talk.

DON'T JUDGE them.
They are doing their best. The abuse is **NOT THEIR FAULT**.

BELIEVE them. If someone tells you they are being abused or mistreated, they are probably telling the truth. They may be saying that another friend or someone you know has abused them. Remember that even "nice" people can be abusive.

BE HONEST. If you feel unable to help them, tell them you need to talk to someone else like a parent, a teacher a guidance counselor, **a family member or someone in your community**.

SUPPORT them. Find out what they want to do. They may ask you to go with them to talk to a parent, guidance counselor or community resource person.

TELL THEM they don't deserve to be hurt. They may feel like the violence was somehow their fault. Nobody deserves to be abused.



REMEMBER, they may be ashamed or feel guilty. They may be embarrassed to talk about their problem. They may feel like they are hurting their partner by talking about the abuse. They may have kept the abuse a secret for a very long time.



DON'T try to deal with the abuser yourself. If they are violent, it could be dangerous for you and make things worse for your friend.

DON'T INSULT the abuser. Your friend may still love their partner. They may not talk to you if they think you are against their partner.

Watch your body language and facial expressions. If it looks like you don't believe them, are bored or in a hurry, they may not be comfortable talking to you. **RESPECT** their personal space. Even giving them a hug or putting your hand on their shoulder might make them feel uncomfortable.

DON'T CRITICIZE. Don't be an abuser yourself by telling them they are stupid for being in the relationship.

RESPECT their privacy. Don't gossip or spread rumours about the information they share with you.

How Would You Help?

Have you ever wanted to help a friend in an abusive relationship but didn't know how?

Have you ever tried to help someone and they didn't end their relationship? Were you disappointed? Did you wonder why you were even bothered?

Helping a person in an abusive relationship is frustrating sometimes. Be patient. Maybe they will come around and maybe they won't. But by trying to help you show your friend that you support them and can be trusted.

Remember, it is difficult and scary to leave an unhealthy relationship. Take this quiz to find out how ready and willing you are to help!

1. *Your friend Elisha and John, a guy she met at work, have been going out for a while. One day, John showed up at Elisha's school and saw her give a male friend a hug. John grabbed her arm and pulled her to his car where he called her a slut and a cheater.*

IF I SAW THIS HAPPEN...

- I would tell Elisha that I was concerned about her and help her find information about abusive relationships (2)
- I would tell another friend and hope that they would do something to help Elisha (1)
- I would leave it alone. If Elisha didn't say anything to me, it's not my place to get involved (0)

2. *Elizabeth is dating her classmate Marc. Things seem great, but in private Marc isn't very nice. He grabs her arms hard and leave bruises. When he found out she was pregnant, he shoved her repeatedly and yelled at her for messing up his life.*

IF ELIZABETH CAME TO ME FOR HELP...

- I would tell her that I was the wrong person to speak with and that she should talk to a counsellor (1)
- I wouldn't want to get involved because it's not my problem (0)
- I would let her know that I was there for her and go with her to get help (2)

3. *Joe and Eric have been dating for a year. Joe is really jealous and accuses Eric of cheating on him even though he hasn't. He texts Eric constantly and checks all his emails. When they fight, Joe calls Eric names and tells him no one else will ever love him.*

IF I HEARD JOE YELLING AT OR PUTTING ERIC DOWN...

- I wouldn't say anything. Eric should be able to defend himself (0)
- I would tell Eric that he doesn't deserve to be treated that way and that he should consider ending the relationship (2)
- I wouldn't say anything to either of them, but I would let other friends know that I thought it was wrong (1)

4. *Rebecca and Janet met at the mall. When they first began dating, Rebecca was very sweet. Over time, she started putting Janet down and once ended a fight by slapping her. Things got worse and Rebecca told Janet that if she ever left her, she would kill herself.*

IF I KNEW ABOUT THIS AND ANOTHER FRIEND ASKED ME IS JANET WAS OKAY...

- I would tell them to stay out of it - they are both girls. If Janet doesn't ask for help, it's nobody's business (0)
- I would pretend I didn't know and tell them to ask Janet directly (1)
- I would tell them I was also concerned about Janet and that we should go together to offer our help (2)

5. *Ana and Jeremy have been dating for two years and have a baby together. Ana has been physically abusive towards Jeremy and sometimes screams at their child. Jeremy loves Ana and does not want to break up the family.*

IF I TOLD JEREMY I WAS CONCERNED ABOUT HIM AND HIS BABY AND OFFERED HELP, BUT HE TURNED ME AWAY AND SAID I WAS WRONG ABOUT ANA...

- I wouldn't take it personally and would later give him information that explained about abusive relationships and how to get help (2)
- I would be really upset that he didn't listen to me and tell him he was on his own (0)
- I would leave it alone and tell him to call me if he ever wanted to talk (1)

Scoring

Look at the point values next to your checked answers! Add them up and get your total!

Score 8-10 Points

When it comes to your friends, you're willing to put yourself out there and give them the support they need. That's great! Being in an abusive relationship is never easy, so letting your friend know that they can count on you for help is the best thing you can do!

Score 5-7 Points

You care about your friend and your heart is in the right place, but you're having some difficulty reaching out. Some people in abusive relationships may not realize they're in danger or may be afraid to ask for help. You shouldn't be afraid to reach out and let them know you're worried about their safety. At least you'll know you tried your best and they'll know you are someone they can trust!

Score 0-4 Points

Dealing with someone who is in an abusive relationship can be difficult. But that doesn't mean that you shouldn't at least try. Remember that being in an abusive relationship is scary and lonely, and some people don't know how to ask for help. Be there for your friends. You may be the only person that can count on.

www.loveisrespect.org

How to Help a Friend who is Abusive

- ☑ Name the abuse when you see or hear it. Your friend may not be aware that their behaviour is abusive. Tell them abusive behaviour is not acceptable.
- ☑ Help your friend be responsible for their own behaviour. Tell them they can't use excuses like blaming alcohol, drugs or their partner.
- ☑ Tell your friend they have choices. They can learn to change their behaviour.
- ☑ Tell your friend the facts about abuse. Unless they make some serious changes, they may lose the people they care about.
- ☑ Offer to go with them to speak to a teacher, counselor or **community resource** for help. Support them.
- ☑ Point out that violent behaviour is wrong. Assault is a crime. They could be arrested and charged for their violence.



REMEMBER...

- You can't control or change the abuser or the person being abused.
- It's normal to feel helpless, frustrated, and afraid.
- You are not responsible for others actions.
- Sometimes all we can do is be there for them.

Consent, Sexual Assault and Boundaries

IN THIS SECTION...

CONSENT

If you are SEXUALLY ASSAULTED...

Thinking about BOUNDARIES

Tips for Effective COMMUNICATION

All About CONSENT

As important as consent is, we sure don't talk about it enough! So it's understandable if you're a little unsure about what it is.

You may have heard consent be explained by "no means no", but this doesn't really give us a complete picture of consent because it puts the responsibility on one person to resist or accept.

"no means no" does mean no, but so do many other actions like pulling away, freezing up, saying your tired, or crying. There are many ways to communicate no.

"no means no" also makes consent about what a partner DOESN'T want, instead of being able to communicate what they DO want

SO HOW DOES CONSENT WORK?

Some people are worried that talking about consent will be awkward or that it will ruin the mood -- this is far from true! If anything, the mood is much more positive when both partners are happy and can freely express what they want!

If you are in the heat of the moment, here are some suggestions of things to say:

- Are you comfortable?
- Is this okay?
- Do you want to slow down?
- Do you want to go any further?

What CONSENT looks like



- Communicating every step of the way. For example, during a hookup, ask if it is okay to take your partner's shirt off and don't just assume that they are comfortable with it.
- Respecting that when they don't say "no" it DOES NOT MEAN "yes"
- Breaking away from gender "rules." Girls are not the only ones who might want to take it slow, and it's not a guy's job to initiate the action (or anything else really).

What CONSENT does not look like



- Assuming that dressing sexy, flirting, accepting a ride, accepting a drink, etc., is in anyway consenting to anything more.
- Saying yes (or saying nothing) while under the influence of drugs or alcohol.
- Saying yes or giving into something because you feel too pressured or afraid to say no.

Some **Red Flags** that indicate your partner doesn't respect consent are...

- They pressure or guilt you into doing things you may not want to do.
- They make you feel like you "owe" them -- because you're dating or they gave you a gift.
- They react negatively (with sadness, anger, or resentment) if you say "no" to something or don't immediately consent.
- They ignore your wishes, and don't pay attention to nonverbal cues to show you're not consenting (ex. Pushing/pulling away).

GET CONSENT EVERY TIME

In a healthy relationship, it's important to discuss and **respect each others' boundaries consistently.**

It's NOT OK to assume that once someone consents to an activity, it means they are consenting to it for every time in the future as well. That is not the case.

Whether it's the first time, or the 100th time, a hookup or a committed relationship or even a marriage, **NOBODY IS EVER OBLIGATED TO GIVE CONSENT** just because they have in the past!

A person can decide to stop an activity, even if they agreed to it earlier.

For some more info, check out this video on consent...it's a bit like offering someone a cup of tea!

<https://www.youtube.com/watch?v=fGoWLWS4-kU>



Even Canadian Law has an affirmative standard for consent! This means a voluntary, enthusiastic "yes-I-really-want-to-and-thank-you-for-asking" type consent!

<http://www.consented.ca/>

CONSENT is what is missing in sexual violence

As defined on www.consented.ca, **SEXUAL VIOLENCE IS:**

"a broad term which includes sexual assault, sexual harassment, street harassment, relationship violence, child sexual abuse and stalking. While each of these types of violence may look different, they all involve an attack on a person's sense of self, their sexuality, their body and/or their feeling of safety."

If you are sexually assaulted, don't blame yourself. It is not your fault. The blame belongs to the person who assaulted you. You did not deserve to be hurt or treated with disrespect.

Get medical attention as soon as possible. You need to get checked for injuries, sexually transmitted infections and consider the risk of pregnancy.

Decide whether you want to report the incident to the police. Try to do this as soon as possible. If you choose to report an incident right after the assault, do not shower or change your clothes because that will destroy evidence.

Be with someone who cares about you and makes you feel safe. Decide who you want to tell. Talk to someone you trust.

Do whatever is necessary to make you feel safe.

Talk to a counsellor. Friends and family are also very helpful, but may not know how to help you deal with what happened to you. Counselling can help you to cope. People who get counselling after a sexual assault tend to have fewer problems than people who don't.

**In New Brunswick, you can call the
Fredericton Sexual Assault Crisis Centre crisis line
24 hours a day:
(506) 454-0437**

No matter what you say or do, being sexually assaulted is

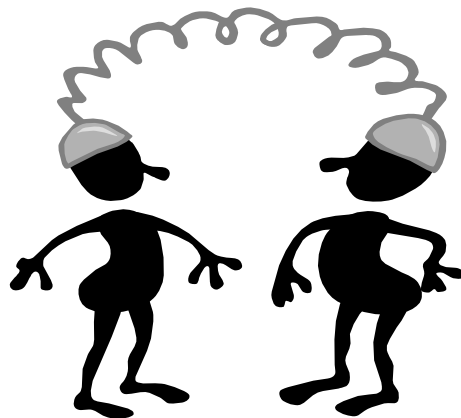
NEVER YOUR FAULT!

Thinking about BOUNDARIES

Whether you're casually hooking up or have been going out for a while now, setting boundaries is an important part of any relationship!

Every person has their own unique set of boundaries. Get to know yourself! Think about which activities are "okay" or "not okay" for you. It is important to think about your own sexual boundaries whether or not you are involved in a relationship.

In a healthy relationship, you will need to communicate, to figure out which activities are acceptable to both of you. Be clear and be specific - don't expect your partner to read your mind! You and your partner need to understand and respect each other's personal boundaries.



Over time, you may notice your boundaries changing. As you get older, or more comfortable with your partner, you may decide that certain activities that were "not okay" before become acceptable. You may also decide that activities you have tried in the past are no longer comfortable for you.

Think about your DIGITAL, EMOTIONAL,
and PHYSICAL boundaries

Digital Boundaries...

It can be hard to know where the line between healthy and unhealthy is once a relationship goes online. What are the rules for Facebook, Twitter, Instagram, Snapchat, or Tumblr? What should your "digital" relationship look like?

Before you talk to your partner about your online relationship, check in with yourself and see what makes you feel comfortable! Start by considering your...

DIGITAL BOUNDARIES

- Is it okay to tag or check in?
- Do we post our relationship status?
- Is it okay to friend or follow my friends?
- When is it okay to text me and what is the expectation for when we return it?
- Is it okay to use each other's devices?
- Is it okay to post, tweet, or comment about our relationship?

Passwords are Private: Even if you trust your partner, sharing passwords to phones or website accounts isn't the best idea. Just like you should be able to spend time by yourself, you are entitled to your own **digital privacy**. Just to be safe, your password(s) should be something that only you know so you always have control of your information.

Photos and Sexting: It's important to have digital boundaries about what you're comfortable sending via text message. Once you've hit send over a photo or text, you lose control over who sees it. If your partner sexts you and demands you sext back, you should be able to tell them you aren't comfortable doing that and they should not get angry or threaten you.

REMEMBER: Sending or forwarding nude, sexually suggestive or explicit pics on your cell or online of a minor (under 18) is a federal crime in Canada.

There is a thin line between public/private and curious/controlling. For more information on sexting, constant messaging, spying, digital disrespect, and cyberbullying go to www.athinline.org

Emotional Boundaries...

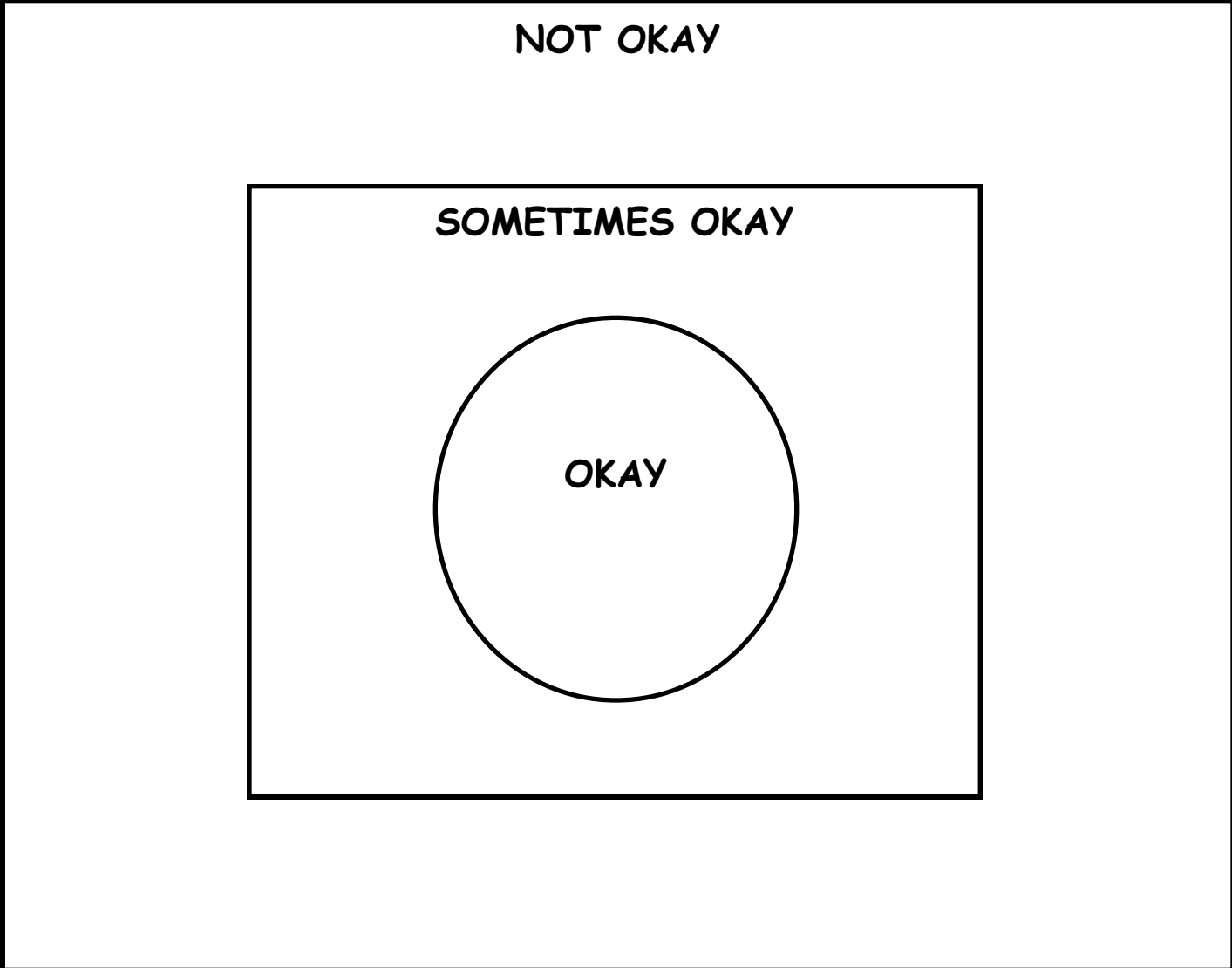
- THE L WORD: Saying "I love you" can happen for different people, at different times. If your partner says it and you don't feel ready...don't feel bad -- you may just not be ready yet. Let your partner know how it made you feel when they said it, and express your goals for the relationship.
- TIME APART: As great as it is to spend a lot of time with your partner, remember that it's important to have sometime away from each other too. Both you and your partner should feel free to hang out with friends (of any gender) or family, without having to get permission.

It's also healthy to spend time alone! You should be able to tell your partner when you need space, without feeling trapped into having to spend all your time together.

Physical Boundaries...

- TAKE YOUR TIME: Don't rush into it if you're not ready. Getting physical with your partner doesn't have to happen all at once if you're not ready. In a healthy relationship, the people involved understand each other and how far each one wants to go. And, they communicate if things change. There isn't a rulebook that says you have to go so far by a certain age or at any given time in a relationship, so take things at your own pace.
- SEX ISN'T CURRENCY: You don't owe your partner anything. Just because your partner takes you out to dinner, buys you a gift, says "I love you" doesn't mean you owe them anything in response. It isn't fair for your partner to claim that you don't care about them because you won't go "all the way". You are never required to do anything just because your partner is pressuring you.

**On the next page, think about where each activity fits in the diagram.
What would be the boundaries on a first date? In a long term relationship?
With someone you just met?**

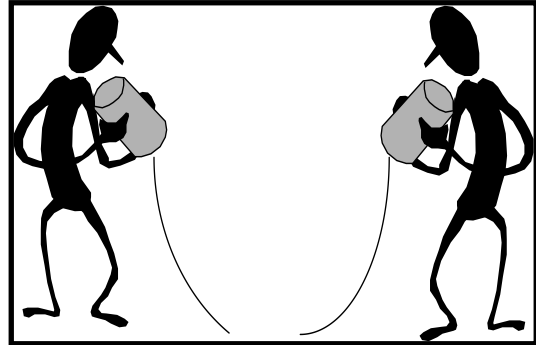


cuddling	talking about birth control	saying "no"	touching
hugging	oral sex	kissing	spending time apart
french kissing		buying birth control	massage
taking clothes off		stopping sexual activity at any time	
sex	talking to friends about what you do with your partner		
being alone together		talking about boundaries	masturbation
sexual activities when drinking alcohol		talking about safer sex	
taking sexy pictures		hickies	holding hands in public

TIPS for Effective Communication

FIND THE RIGHT TIME

If something is bothering you and you want to have a serious conversation, don't interrupt your partner when they're busy, about to sleep, or stressed about an upcoming test. Don't start serious conversations in public places (unless you don't feel safe to do it in private).



TALK FACE TO FACE

Avoid talking about serious matters in text messages or emails, they can often be misinterpreted.

DON'T ACCEPT DISRESPECT.

If you tell a person about your boundaries and they don't listen or take you seriously, get out of the situation.

CHECK YOUR BODY LANGUAGE

Make eye contact when speaking, sit and face your partner. Let them know your listening and that you really care. Don't text or play video games while you're talking.

USE "I" STATEMENTS.

The other person may feel attacked if you say things like "You make me feel..." or "Your problem is...". It is more clear to say things like "I don't want to..." or "I feel...".

USE THE 48 HOUR RULE

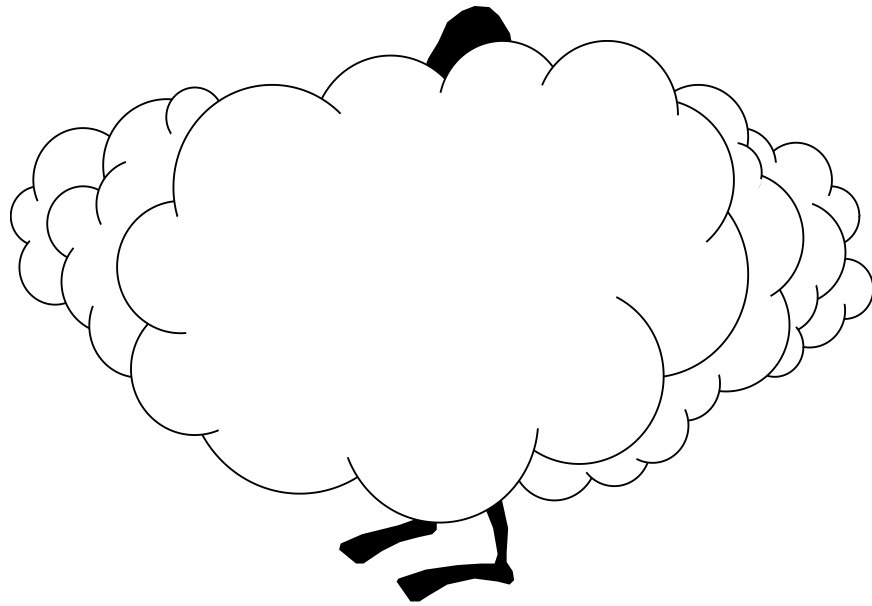
If your partner does something that makes you angry, you need to tell them about it but you don't have to do it right away. If you're still hurt 48 hours later, say something. But if not, consider forgetting about it. Remember, your partner can't read your mind.

BE HONEST

Agree to be honest. Sometimes the truth hurts but it's the key in healthy relationships. Admit that you aren't always perfect and apologize when you make a mistake.

Notes...

Stereotypes



IN THIS SECTION...

What are STEREOTYPES?

Society's MYTHS

THINK about it!

What are STEREOTYPES?

Stereotypes...

- ...the idea or expectation that all members of a group (people who share the same age, race, or gender and so on) are very similar with no individual differences.
- ...force us to think that everyone fits into a mold, and ignores the fact everyone is first an individual and second a member of a group.
- ...affect relationships and the way we treat other people .

Don't believe everything you see or hear! Think about the stereotypes you may have heard about people who...



...have lots of piercings.

...like to play hockey.

...wear glasses.

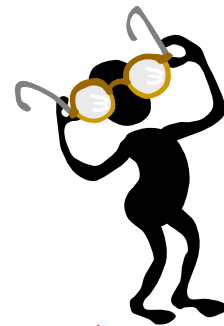
...wear brand name clothing.

...enjoy skateboarding.

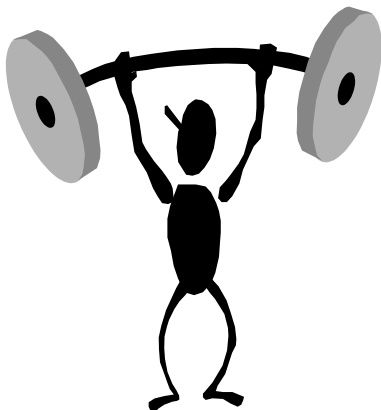
...come from different cultural backgrounds.

...go to a certain school.

...live in a certain community.



...like hip hop music...or heavy metal...or rap...or country...or pop...or opera...



...like to play computer games.

...hang out at the gym.

...make their own clothes.

...have tattoos.

...love science classes.

...shave their head.

...belong to a religious or spiritual group.



Each person is unique.

Take the time to look beyond the stereotypes!

Stereotyping affects us all!

Everyone is harmed by the gender stereotypes of men and women in our society. We are all told what to do, how to act and how to look. What about people who don't fit the stereotypes? Think about the media's image of a "real" man or a "real" woman. People who identify as trans* can be especially harmed by this due to the fact that they often do not fit into these black and white, binary genders which are still commonly accepted as something that is real for EVERYONE.

TRANS*: is an umbrella term to describe people who's gender identity is different from the sex they were assumed to be at birth (*Shining the Light: 10 Keys to becoming a trans positive organisation*).

Stereotypes and the MEDIA!

We learn about gender from lots of places...the media is **very** influential in shaping how we think about gender, and unfortunately it often spreads gender stereotypes and messages of violence. Think about the statements on the next page. Our opinions about when violence is acceptable or not can be influenced by the way we perceive gender and relationships.

For example, because men are stereotyped as having a "biological" reason to act out violently and aggressively, we can generally more accepting of violence from men under certain circumstances. **THIS IS NOT OKAY.** And women being constantly objectified in the media, can result in a society that is accepting (or one that cannot recognize) violence against women. **THIS IS NOT OKAY.**

And, violence may be justified against a transgender women (a person who was assigned male at birth but identifies as female) because there is a refusal to accept them as a "real" woman. **THIS IS NOT OKAY.**

Stereotypes are DANGEROUS!



People who are trying to live up to impossible standards are bound to end up disappointed and feeling badly about themselves. They may feel they are not worthy of respect due to their failure to achieve the unrealistic ideals.

Many people who are abusive have very rigid beliefs on the roles of men and women in society. Not living up to these roles is "failure" and can result in insults, threats and even violence. People who feel badly about themselves may believe they deserve to be abused or mistreated.

NOBODY deserves disrespect or violence.

Society's Myths

Every day, we get all kinds of messages from the world around us. We learn about who we are and how we're "supposed" to be from the internet, friends, parents, teachers, television, movies, music, celebrities... Society tells us how we should look, act and feel about ourselves and others. Be aware of these messages and of how they affect the way you treat people. **Think for yourself!**

That's not ladylike!

Boys will be boys!

Be a man!

Don't cry like a girl!

Men need to be tough! They are the "boss" and should be in control.

Men don't show their feelings. They don't cry, and are never afraid.

It is okay to use degrading and stereotypical images of men and women to sell things.

Women are weak and rely on men to protect them.

Someone needs to be "in charge" in a relationship.

Only losers are single.

It is okay to use others to get what you want.

If you love your partner enough, everything will be okay.

It is better to be in a relationship (even if your partner hurts you!) than to be alone.

It takes a guy and a girl to make a relationship. People who say they are homosexual or bisexual are just confused, sick or experimenting.

Sex is something you "deserve" if you are in a relationship.

Girls who have sex are "sluts" or "whores". Guys who have sex are "cool" and "studs".

Physical violence is a good way to solve problems.



**WATCH Tony Porter challenge gender stereotypes in his TED TALK
"A Call to Men"**

http://www.ted.com/talks/tony_porter_a_call_to_men?language=en

**And Jean Kilbourne critique the media in her TED TALK
"The Dangerous Way Ads See Women"**

<https://www.youtube.com/watch?v=Uy8yLaoWybk>

Think about it!

This is me:

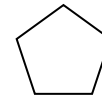
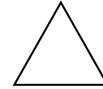
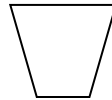
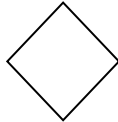
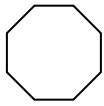


The media and society send all kinds of messages about how I should look:

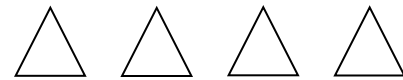


The "perfect" person


I don't look like the "perfect" person. My friends look like:



The media rarely shows images of people like us. It makes us feel like there is something wrong with the way we look. Other people who believe the hype put us down and tell us we should try harder to look like:



BORING!
(and not realistic!)

There is a lot of pressure on everyone to look like: 
This can leave us feeling badly about ourselves. Sometimes people only choose friends who fit the stereotype, or try to distance themselves from people who look different by being mean or abusive.

Be happy with who you are.
Help others to be happy with themselves!

Making your own Waves

IN THIS SECTION...

Knowledge is Power

Get INVOLVED! Speak out!

MAKE some WAVES in YOUR COMMUNITY

Tips for facilitating workshops

Knowledge is Power

The Facts:

A study of New Brunswick teens in grades 9, 10, 11, and 12 found that 38% of teens have experienced some form of dating violence, and 47% of teens witnessed abuse between a peer and their partner (Muriel McQueen Center for Family Violence Research, 2007).

Abuse can happen to **ANYONE**. It doesn't matter how old you are, what your gender identity is, or your sexual orientation or cultural background.

You **CAN** make a difference.

If you are in a difficult situation, or know of friends who might need help, you are not alone. There are people who can help you. Talk to your teacher, guidance counselor, parent, principal, or someone in your community. You can also refer to the resources at the front of the manual for more information.



Get involved! Speak out!

It's great that you want to get involved, and it's good to speak out to others, but first of all - you need to look at your own attitudes and your own behaviour.

Make sure all your relationships with people are built on respect and equality. Promote self-esteem and healthy relationships.

Challenge behaviour that is sexist, abusive, racist or homophobic, in person AND online! Remember - not speaking out when someone says something hurtful says you are okay with it.

Practice honest and caring communication with people. Speak the truth about your feelings and don't compromise your beliefs or values.

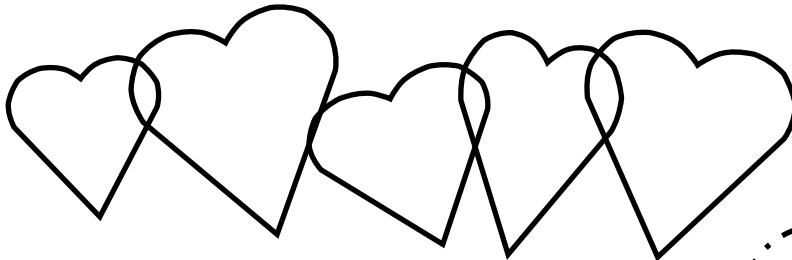
MAKE A DIFFERENCE!
Join with others to speak out and change things for the better!! Learn more about the issues and share what you've learned with your peers.

Be a role model for healthy behaviour.

Make some waves in your community!

Present the play: *The Many Faces of Abuse*. Did you know that Making Waves has a play? Ask the Making Waves Coordinator for details (you can also ask for any lessons plans from the workshops!)

Present a workshop. Develop and present a workshop **in your community**, at your school or at a local high school or middle school. There are many topics to choose from: Healthy Relationships, Personal Boundaries, Self-Esteem, Effective Communication, Media and Gender Stereotypes... Choose something that interests you. Research your topic, and come up with some fun activities for your workshop.



Wall of Fame and Wall of Shame Gather ads from magazines, posters, etc. Create a "Wall of Fame" to illustrate positive images in the media, and a "Wall of Shame" to point out negative images. Include notes in your display, to explain the influence of media and why you think the ads are good or bad.

Create a mural. Get permission **BEFORE** you start painting! Recruit some artistic friends to help out, and don't forget to send us a picture of your art work!

Start a twitter campaign: Get the conversation going in your online community; raise awareness about healthy relationships!

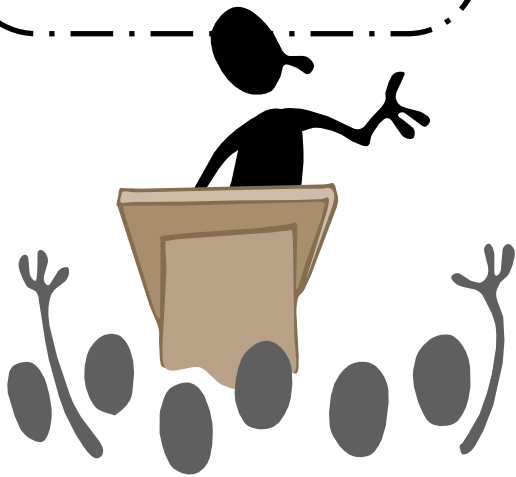
Write a poem, short story or essay to share the Making Waves message. Submit your creative writing to be published in your school **or community** newspaper. We would love to see what you have written!

Prepare facts and stats to be included in your school's morning announcements **or aired by a local radio station**. There are all kinds of statistics and bits of information in your manual that could be adapted. Gather facts and write up a script of what should be included.

Prepare a presentation for a **community or school staff meeting**. Tell **community members, staff and** teachers what Making Waves is all about. Adults can be involved in abusive relationships and need to

Invite an "expert" to speak about **relationship violence issues**. There are lots of community organizations to choose from: local transition houses, the sexual assault crisis centre, **a community elder**, a school **or public health** nurse, a sexual health centre, **the friendship centre...**

Make a movie, video game or app: If you've got a passion for computers and social media, create your own movie, video game or app that educates your peers on the prevention of dating violence.



Have a poster contest. Provide participants with relationship violence information to include in their artwork or pick a theme such as "Violence in the Media", "Stereotypes Affect Everyone", "How to Keep Safe" or "**Preventing Violence in Our Community**".

Make Your Own Posters. Make posters to display around your **community or** school. There is lots of great information in this handbook that can be used as a starting point. You could make posters to provide information on healthy relationships, warning signs of unhealthy/abusive relationships, tips for effective communications, the role of media in our lives, gender stereotyping...be creative!

Make your own t-shirts. Tye-dye or any design you want! Plan to wear your t-shirts on the same day or to an event which is already happening in your community. Spread the word!

Tips for facilitating workshops

A good facilitator plays many roles: leader, educator, moderator, "expert"...your job is to create a space that motivates and challenges the group members to learn. Be a role model! Show your peers **and community members** that **young people** can make a difference! Spread the word that relationship abuse is not okay!

KNOW YOUR TOPIC - Familiarize yourself with the material you will be presenting, and do any extra research that will help you to feel more prepared. Develop a basic workshop outline which you can refer to throughout your presentation. Index cards can be helpful for remembering detailed information.



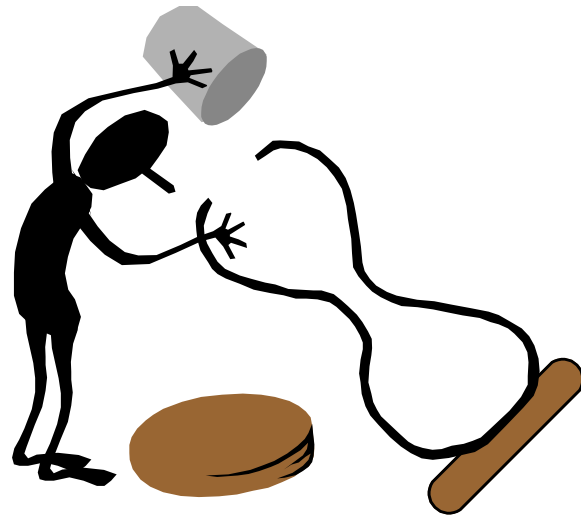
KNOW YOUR AUDIENCE - How many people will attend? Participants' age range and gender can influence your workshop. If participants don't know each other, you can provide nametags and allow more time for introductions. **Be aware that some participants may have experienced violence or may be in abusive relationships.**

KNOW YOUR SPACE - How much room will you need for your presentation? Think about the seating arrangement and whether or not you will need chairs and tables. Set up the room so that everyone can see, hear and participate in the workshop.

SET GROUP GUIDELINES - Basic ground rules that are agreed upon by the group help create a safe and friendly environment. For example: One person talks at a time; Treat each other with respect; It's okay to ask questions.



BE PREPARED - Take time to practice the workshop with your co-facilitators. Make a list of supplies, handouts and resources you will need for your presentation. If you are using any equipment like a laptop, television or DVD player, check to make sure everything works properly before participants arrive.

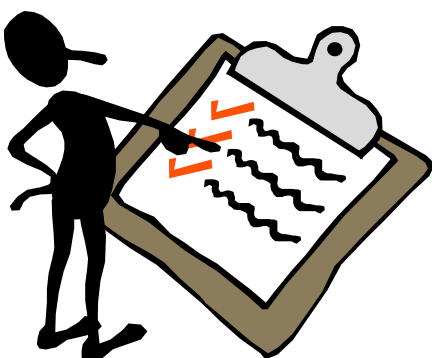


BE FLEXIBLE - Every presentation is different. Some groups will be very engaged and involved, and others will require more effort to get motivated. Prepare plenty of activities to fill your time, and include a few extra ideas in case something goes too quickly or does not work as planned.

KEEP IT INTERACTIVE - Learning should be interesting and fun! Use activities, games, role plays and small group discussions to involve everyone. People learn by doing. Lectures are boring! Be creative, and allow participants to learn from each other.

KNOW YOUR LIMITS - Decide ahead of time what you feel comfortable talking about in the workshop. If participants ask questions you are unable to answer, tell them you will find the information they are looking for and get back to them as soon as possible. Make sure to follow up!

KEY MESSAGES - What is it you want the participants to remember? What information is the most important for them to learn? It's a good idea to end the workshop with a summary of the key messages.



LIFE LESSONS

Accept yourself and others.

Take part in your community.

Make a difference.

Realize you ARE good enough.

Get informed.

Examine your ideas.

Appreciate who you are.

Stand up for what you believe in.

Voice your opinions.

Be alive.

Take control of your life.

Break the barriers.

Be aware.

Believe in yourself.

Be a role model.

Make some waves!

Partners For Youth Inc.

would like to acknowledge the work of the following people and organizations. We have adapted some of their materials and been inspired by their concepts. Without their efforts the Making Waves/Vague par vague program would not have been possible.

Fredericton Sexual Assault Crisis Centre
The Empowerment Project

Diana Tikasz, Mississauga Hospital Sexual Assault Team, 1990
Lindsay's Story—Education for Date Rape Prevention

Respect Can't Be Beat—Dating Violence Intervention Project

Cumberland County Transition House Association
Outreach to Teens

The Healing Journey -- Family Violence Prevention in Aboriginal Communities www.thehealingjourney.ca

www.loveisrespect.org

Making Waves/Vague par vague

is made possible by the generous support of:

Status of Women Canada

Province of New Brunswick

The Canadian Women's Foundation

The Counselling Foundation of Canada

Leacross Foundation

McCain Foundation

MacMurray Foundation

RCMP Family Violence Initiatives Foundation

Partners Foundation

Muriel McQueen Fergusson Foundation