

Definitions

Sexual Violence:

Any forced, unwanted sexual activity or sexual contact. It can range from unwanted kissing or touching to forced sexual intercourse. Sexual violence is any sexual activity without consent. It is not about passion or sex – it is about power and control.

Sexual Harassment:

Any unwanted sexual attention that makes a person feel threatened, uncomfortable, or unsafe.

Consent:

When you willingly give permission through your words or actions for something to happen. You can revoke consent at any time during a sexual activity.

Coercion:

When someone makes you do something you don't want to do, by pressuring you or by using threats or blackmail.

Physical Abuse:

Any aggressive behaviour directed at another person.

Psychological or Emotional Abuse:

Any behaviour that causes emotional pain to a partner such as insults, controlling, threatening to harm self if the partner leaves, threatening to harm others, isolation, and accusations of cheating.

If you are in an **abusive relationship**, get help and get out. Here are some phone numbers to call if you want advice or ever think you are in danger:

Emergency – 911

Mobile Crisis (24-Hour) – (306) 933-6200

SSAIC Contact Information

Visit us in person:

506 25th Street East, Suite 201
Saskatoon, SK S7K 4A7

The SSAIC office is located on the 2nd floor of the Saskatoon Community Service Village (Attached to the YWCA)

**Monday – Friday
9am to 5pm**

(Closed for lunch from 12pm to 1pm)

Call our office: (306) 244-2294

Send us an email: ssaic@sasktel.net

Visit us on the web: ssaic.ca

Thank you to our funding partners:

Funded by:



United Way
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Government
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Ministry of Justice

SSAIC

Saskatoon Sexual Assault
& Information Centre



Healthy Relationship Handbook

24-Hour Crisis Line: (306) 244-2224

ssaic.ca

Warning Signs of an Unhealthy Relationship

If your partner behaves in any of the following ways you are likely in an unhealthy or abusive relationship:

- Makes you feel bad about yourself; doesn't respect you, your opinions or feelings
- Doesn't listen when you say no or set a boundary
- Intimidates you with looks, actions, words, or gestures
- Makes you feel guilty if you go out with friends or if you want time alone
- Keeps checking up on you when you aren't together
- Pressures you to have sex/be sexual or touches you without your consent
- Threatens to hurt you or someone you love like a friend, family member, or pet
- Shouts, screams, or throws objects when angry

Abuse is never okay.

Qualities Everyone Needs for Healthy Relationships

Positive self-esteem means you feel good about yourself. Having positive self-esteem allows you to be more confident about what you want and don't want in a relationship. Abuse damages your self-esteem.

Being Yourself – knowing who you are as a person is important; it helps you find the right relationship for you and keeps you from losing your identity in a relationship. Being yourself includes knowing about:

- Your hopes and dreams
- What makes you feel loved, angry, happy, hurt, or scared
- How you deal with conflict
- What is important to you

Communication – it is important to be able to directly tell your partner what you like and don't like, and how you feel in relationship.

Being afraid to express yourself in a relationship can be a warning sign that something isn't right.

Realistic Expectations – Every person and every relationship has good and bad days, and occasional disagreements and conflicts are normal. It is realistic to expect that you will be treated with respect in any relationship.

Signs of a Healthy Relationship

If your relationship ticks off the boxes below, you're well on your way to a healthy relationship:

- You support each other and have fun
- You feel safe and treat each other respectfully
- You're honest and trust each other; you respect each other's privacy
- You support each other's goals and opinions
- You don't feel pressured to have sex or be intimate when you don't want to
- Arguments are resolved without screaming, hitting, or threatening each other
- Your needs and desires are expressed and listened to
- Your individual interests and friends are respected

You deserve to be treated with love and respect.