

# CLICK

THE HEALTHY RELATIONSHIPS GUIDE FOR TEENS

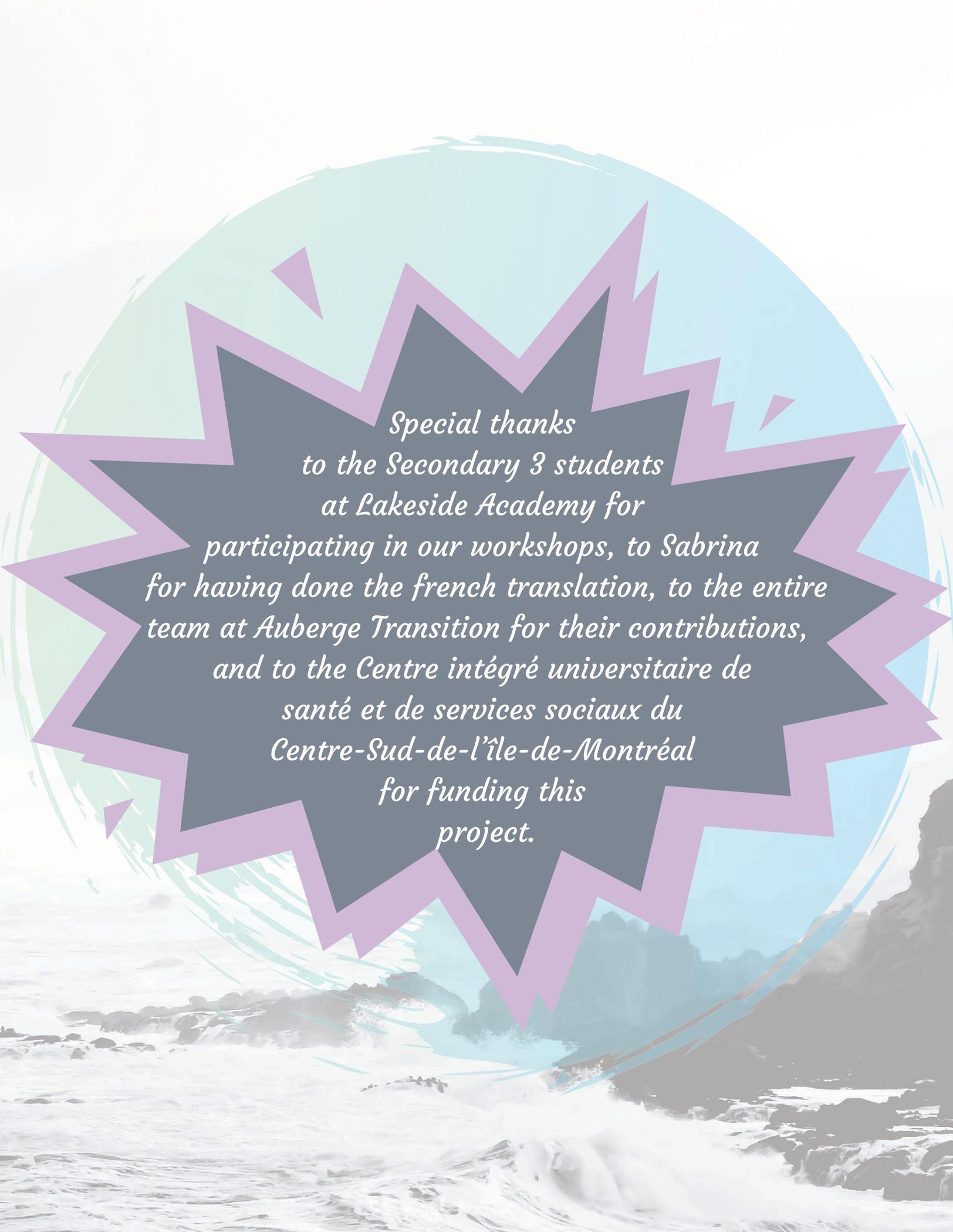


**DECEMBER 2019  
MONTREAL**

**GENDER & MEDIA**

**EQUALITY & RESPECT**

**SELF-ESTEEM &  
BOUNDARIES**



*Special thanks  
to the Secondary 3 students  
at Lakeside Academy for  
participating in our workshops, to Sabrina  
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for funding this  
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## PREFACE

CLICK was created by two youth workers, Khadija Campbell & Meghan Costello, from Auberge Transition, a shelter for women, with or without children, who are survivors of intimate partner violence. This project was made possible through funding from the 2018-2023 Quebec Government Action Plan on Conjugal Violence.

CLICK is a product of the material used in our Safer Relationships Program. This was a program facilitated with the Secondary 3 students of Lakeside Academy School in Lachine. The Safer Relationships Program was created as a method of raising awareness on the issue of dating violence among adolescents by addressing certain topics such as: red flags in relationships, communication styles, boundaries, self-esteem and identity, etc.

Our goal in creating CLICK is for these messages to be passed on and shared with all youth in an appealing way. It's important to start these conversations early as intimate relationships begin in adolescence and many teens do not feel comfortable addressing these topics with their loved ones.

If you or a young person you know are struggling with a difficult home life or intimate relationship, or are in need of any type of social support - turn to page 31 to find a list of resources that can offer support for various problematics.

\*\* For the simplicity of reading throughout the magazine, the term "perpetrator" is used to refer to the person who is using abusive behaviors and the term "victim" is used to refer to the person that is being abused. We do not use these terms to permanently label anyone as a "perpetrator" or a "victim". \*\*



Refuge & support pour femmes victimes de violence entre partenaires  
Shelter & support for women victims of intimate partner violence



Québec 

## TERMS TO KNOW

### Intimate partner violence →

When one partner (either current or former) is abusive in any way towards the other partner. It's also referred to as dating violence or abuse in relationships.

### Double Standard →

A concept that permits and excuses certain behaviors and actions from one group or person but opposes the same actions from another.

### Norm →

A standard or pattern, especially of social behavior, that is typical or expected of a group.

### Normalizing →

The process through which repetitive ideas and actions come to be seen as natural parts of everyday life over time.

### Pop culture →

Short for popular culture; it describes all that is popular at a given point in society and consumed by the majority.

### Possessiveness in a relationship →

Being opposed to the personal independence of another person or to any influence other than one's own upon their partner.

### Sexual Assault →

An act in which a person intentionally sexually touches another person or forces them to engage in a sexual act without that person's consent.

### Social Construction →

An idea that has been created and accepted by the people in a society.

### Socialization →

The process of learning to behave in a way that is accepted and encouraged in society.

### Stereotype →

An over-generalized belief about a particular category of people. Stereotypes often translate into expectations that every person of a particular group will act the same way.

### Stigma →

Shame and disgrace associated to a circumstance, person or quality.

**. \* These words will be written in blue throughout the magazine to remind you that their meaning within the context of the topics can be found on this page \*\***

# DATING VIOLENCE

"Dating violence is an intentional act of violence (whether physical, sexual or emotional) by one partner in a dating relationship."

Not all forms of emotional abuse are crimes and there is no specific Criminal Code offence called "dating violence." However, most acts of dating violence, including, assault, sexual assault, uttering threats, making indecent and harassing phone calls and intimidation are offences under the Criminal Code."

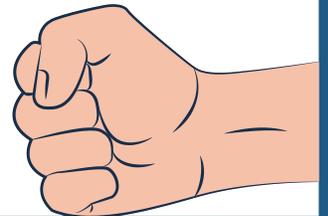
Abuse is **NEVER** the victim's fault! The perpetrator will lower the victim's self-esteem in order to make them believe that they are deserving of the abuse.

## VERBAL ABUSE

LOOK AT YOURSELF... WITHOUT ME, YOU'D BE NOTHING, NO ONE ELSE WOULD EVER WANT YOU.

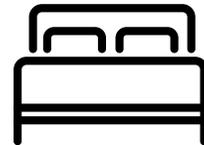


## PHYSICAL ABUSE



## SEXUAL ABUSE

I don't think I'm ready...



Shh just relax, you'll like it.

## FINANCIAL ABUSE

My mom gave me this money to buy shoes...I can't spend it.

You're my boyfriend, you're supposed to pay for our dates!

## EMOTIONAL ABUSE



You're crazy! I never said that.

# IT CAN HAPPEN TO ANYONE...

Abuse does not discriminate! **Dating violence** can happen to anyone! Here are some celebrities who have witnessed or survived **dating violence**.

"It is a hush, hush subject. Not everybody likes to wear it on their sleeve and talk about it. It makes people uncomfortable and there's a lot of shame around it. But that's why for me, it's so important for me to speak my truth and helping others to find theirs and to find their own hope in a hopeless situation."

**Christina Aguilera**

"I was with someone at the time that had a lot of control over my life," she said. "He was older than me by a lot and had a lot of power and he wanted me to remain away from most people." "I never thought I would get out of there."

**Mariah Carey**

"He threatened me with violence and threatened to destroy my life in every possible way - destroy my career and take my kids from me."

**Melanie B  
(Spice Girls)**

"I no longer had my own thoughts. They were replaced with his thoughts about me. That I was worthless, disgusting, talentless, ugly, fat, smelled so badly, I was no longer worthy of being kissed."

**Jenny  
McCarthy**

*"A lot of women, a lot of young girls, are still going through it. A lot of young boys too. It's not a subject to sweep under the rug, so I can't just dismiss it like it wasn't anything, or I don't take it seriously."*

**Rihanna**

**Lionel Richie**

His wife was arrested for spousal abuse after she broke into the singer's hotel and beat him.

"I lived in fear for my life from the time that I woke up to the time I went to sleep." She continued, "I almost lost my life."

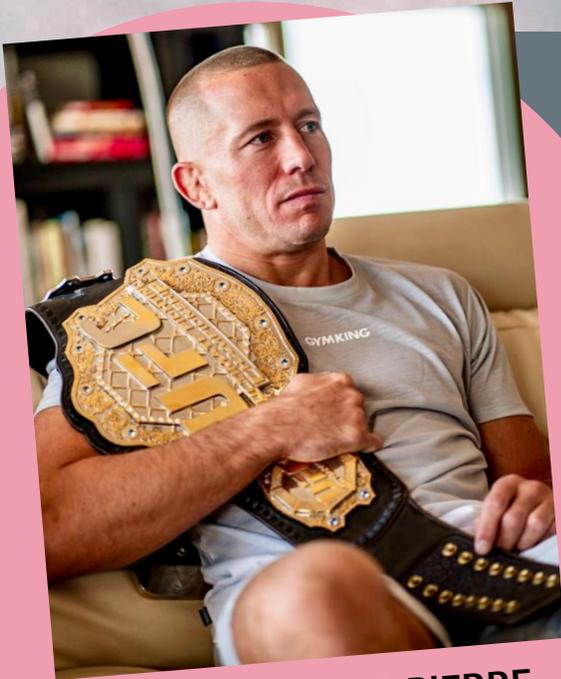
**Christina Applegate**

"It was only when I was in an abusive relationship and blood squirted on the ceiling of my apartment and I lost 80 percent of my hearing in my ear that I realized, I have to break the cycle."

**Halle Berry**

## WHAT DOES GEORGES ST-PIERRE THINK?

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WITH GEORGES ST-PIERRE,  
MMA FIGHTER.

GEORGES ST-PIERRE (NICKNAMED GSP), IS A CANADIAN MIXED MARTIAL ARTIST (MMA) WHO IS CONSIDERED TO BE ONE OF THE BEST FIGHTERS OF ALL TIME!

WE HAD THE PLEASURE OF INTERVIEWING GSP TO GET HIS INPUT ON HOW HIS PROFESSIONAL TRAINING HAS HELPED HIM BE THE POSITIVE ROLE MODEL HE IS TODAY!

**TAKE A LOOK BELOW!**

In our society, one very common gender **stereotype** is that men are to use violence (aggressivity) to resolve conflicts. For many young boys, that stereotype might be reinforced by watching the UFC. How do you wish for young boys to differentiate the messages they are receiving from watching the UFC with the way they interact in their relationships with others?

**What is the primary lesson learned through martial arts about how to interact with others such as handling conflicts or confrontations?**

GSP explains that during an MMA fight and in real life conflicts, the most important thing to abide by is respect. GSP views his opponents and every other person as being equal to him by expressing that they could have all gone through the same or similar obstacles in life as himself and this is main the reason to respect one another. "Who knows if that person you had a conflict with might become one of your best friends later on."

**Turn to page 24 for GSP's relationship advice!**

Although martial arts presents as a violent sport on the surface, the athlete explains that it teaches respect, discipline, impulse control and well as the appropriate amount of force to use in cases of self-defense. These values in turn help people better cultivate healthier relationships with others. GSP states that martial arts saved his life as he experienced a lot of negative energy due to a difficult childhood. For GSP, the MMA was a way of channeling all that negative energy into positive life choices, making him the person he is today. He believes in the importance of each person finding their self-expressive outlet to deal with life struggles while respecting others' boundaries.

# WHAT DOES LAURENCE LATREILLE THINK?

LAURENCE LATREILLE IS A CANADIAN ACTRESS WHO PLAYS ARIANE, ONE OF THE MAIN CHARACTERS IN THE QUEBEC TV SERIES 'FUGUEUSE'. FUGUEUSE IS ABOUT A TEENAGER WHO FALLS IN LOVE WITH A GUY WHO TURNS OUT TO BE ABUSIVE TOWARDS HER. WE WERE VERY EXCITED TO BE GIVEN THE CHANCE TO INTERVIEW LAURENCE AS SHE HAD A LOT OF INTERESTING THINGS TO SAY ON THE TOPIC OF HEALTHY VS UNHEALTHY RELATIONSHIPS.

## CHECK IT OUT!

**How important do you think it is to start the conversation about [dating violence](#) and all its components?**

Laurence Latreille remembers a very frustrating memory during her high school years in which her sex ed teacher, specifically stated that "all questions could be asked, except those about female masturbation." Laurence explains that this leads such topics being taboo specifically for women, at a stage of life where such information is essential in order to live experiences in the healthiest ways possible. This causes discomfort to communicate, frustration and misunderstanding. The actress puts emphasis on the fact that the more teenagers will be informed on the subject, the better, seeing as it is a topic that affects everyone. It is essential that young people feel free to approach this subject with adults.

**What role do you think the media plays in the perpetuation of [dating violence](#)?**

The actress explains that one very prominent gender [norm](#) that is encouraged in all aspects of our lives is that "The man is the subject of desire, the woman the object of desire." Most of our actions are determined by these [social constructions](#) and subconsciously, we feel we must abide by these patterns. This prominent thought sends the message to young girls as having to be very little in action (gentle, passive, kind) and to young boys as being very action-oriented (competitive, aggressive, use of force). This has an unconscious impact on the development and choices that women make in their lives. The actress states that it is important to realize this and work at defining oneself by other aspects of one's life. This will allow them to build their trust in themselves and be less vulnerable.

**Turn to page 27 to see Laurence's advice for you!**

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**WITH LAURENCE LATREILLE,  
STAR OF TV SHOW  
FUGUEUSE**

# POP CULTURE

**Pop culture** is an important topic to explore when talking about relationships because the media promotes our society's values and can easily **normalize** unhealthy trends. We absorb and internalize a lot of information when watching TV, listening to music and scrolling through social media and we usually don't realize it.

## TV & MOVIES



TV shows and movies have been teaching us about gender, relationships and other societal norms ever since we were kids watching princesses being saved by princes. They also depict what groups are most accepted in our society. Although this has gotten better, the media greatly lacks representation of minorities and LGBTQ+ relationships.

## SOCIAL MEDIA

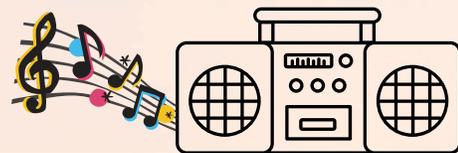


Social media can be a great way to connect with others and spread awareness about important topics like with the #metoo movement or #blacklivesmatter. On the flip side, it can also lead to false realities being portrayed. Not everything we see people post on social media is an accurate representation of that person's real life. Careful not to get stuck comparing yourself all the time.

## FASHION



Fashion is a perfect example of how much influence both celebrities and our peers can have over us. We might have never thought of wearing something but all of a sudden, everyone is wearing that thing and we want to wear it too.



## music

Music has a huge influence in our lives. This is especially true at a younger age because our taste in music can be a big part of our friendships. The messages that are portrayed through the lyrics in some songs aren't always in favor of equality and respect though. On page 9, you will get a better sense of what we're talking about.

# GENDER STEREOTYPES

## STEREOTYPES PUT PEOPLE IN TO BOXES...



Stereotyping is harmful! Why? Whether it be a positive or a negative stereotype, it puts pressure on people to act a certain way which limits each person's unique self from taking the front seat!

Answer these questions to see what stereotypical box you've been encouraged to fit in:

What toys were you given to play with as a child?

How do your teachers react towards you when:  
1) you "misbehave"?  
2) you are successful?

How do your parents react when you want to go out late at night?

What household chores are you told to do?

What type of reaction do people expect you to have when angry?

# GENDER & INTIMATE PARTNER VIOLENCE

**78.0%**  
of victims are  
women

## Proportion by type of crime

**100.0%**  
Kidnapping in a  
domestic context

**97.4%**  
Sexual assault

**96.9%**  
Forcible  
confinement



**91.3%**  
Intimidation

**87.5%**  
Level 3  
assault

**86.3%**  
Criminal  
harassment

## Alleged perpetrators of the acts of violence

**80%**

Spouses

**2%**

Ex-spouses

**1%**

Close friends

Of the alleged perpetrators whose sex is known, 80% are men.

Gouvernement du Québec, Statistiques 2015 sur les infractions contre la personne commises dans un contexte conjugal au Québec, 2017.  
<https://www.securitepublique.gouv.qc.ca/police/publications-et-statistiques/statistiques/violence-conjugale/2015/en-ligne.html>

There are plenty of men that find themselves in abusive relationships and LGBTQ+ couples too. Part of why they're not as represented in statistics is because of **stigma**. When considering asking for help, men often feel too embarrassed and ashamed while many lesbian women question if they'll be taken seriously.

Gender roles can also feel really confusing if you're questioning your gender identity or don't quite feel like a girl or a boy.

When we look at statistics on **intimate partner violence**, the victims are overwhelmingly women while perpetrators are overwhelmingly men. There are probably endless amounts of theories as to why this is but a big part of it comes from **social constructions** of gender and how we raise boys and girls differently.

This is called

**SOCIALIZATION.**

Through **socialization**, we learn the behavioral norms used to fit in. Agents of **socialization** include : family, school, peer pressure and mass media (pop culture).

# GENDER IN RELATIONSHIPS

SO..HOW DO THESE GENDER **STEREOTYPES** ,  
**NORMS**, & **SOCIALIZATION** **PLAY INTO DATING**  
**VIOLENCE AND RELATIONSHIP IN GENERAL?**

The environment that kids are raised in determines a lot about how they will interact with others. Some children learn that using violence is appropriate when faced with conflicts or were never properly corrected when doing so. This, in turn, **normalizes** inappropriate behaviors.

They reinforce that men should be strong and controlling while women should be weak and passive. This sets the stage for the ways in which men and women interact with each other in their intimate relationships.



Gender **norms** invalidate same-gender relationships. Ever hear someone ask a lesbian couple, "who's the man in the relationship?" Or a gay couple, "who's the woman in the relationship?" This makes people feel like in order for a relationship to work, one person must take on a more stereotypically masculine role while one takes on a more stereotypically feminine role. This isn't true!

Students at Lakeside Academy came up with some great statements about **stereotypes** and challenging them.

What are **YOU** tired of being stereotyped as?

i am not aggressive

i am strong

I am meaningful

I am sweet

I am not a slut

I am not an object

I am allowed to cry

I am NOT weak

## POP CULTURE



There are so many subconscious messages influencing us when we listen to music which we sometimes lose sight of because we're too busy dancing to the catchy beat. There's no shame in listening to this music but it's cool to be able to reflect on it too.

**MATCH EACH OF THE FOLLOWING LYRICS TO THE THEME THEY ARE ADDRESSING:**

1

"PUT MOLLY ALL IN HER CHAMPAGNE, SHE AIN'T EVEN KNOW IT / I TOOK HER HOME AND I ENJOYED THAT, SHE AIN'T EVEN KNOW IT."

"U.O.E.N.O." - ROCKO FT. RICK ROSS & FUTURE

2

"SL\*T, YOU THINK I WON'T CHOKE NO WH\*RE / TIL THE VOCAL CORDS DON'T WORK IN HER THROAT NO MORE?!"

"KILL YOU" - EMINEM

3

"SHE'S AN ACTRESS/BUT SHE'S BETTER KNOWN FOR THE THINGS THAT SHE DOES ON THE MATTRESS."

"BETTER THAN REVENGE" - TAYLOR SWIFT

4

"SOMEBODY'S GOTTA WEAR A PRETTY SKIRT / SOMEBODY'S GOTTA BE THE ONE TO FLIRT / SOMEBODY'S GOTTA WANNA HOLD HIS HAND / SO GOD MADE GIRLS, GOD MADE GIRLS"

"GOD MADE GIRLS" - RAELYNN

5

"BABY I'M PREYING ON YOU TONIGHT, HUNT YOU DOWN EAT YOU ALIVE, MAYBE YOU THINK THAT YOU CAN HIDE, I CAN SMELL YOUR SCENT FOR MILES"

"ANIMALS" - MAROON 5

6

"WHY YOU NEVER ALONE, WHY YOU ALWAYS TOUCHING ROAD, USED TO ALWAYS STAY AT HOME, BE A GOOD GIRL"

"HOTLINE BLING" - DRAKE

7

"YOU AIN'T NO LADY BUT YOU'VE SURE GOT TASTE IN MEN, THAT HEAD OF YOURS HAS GOT YOU BY TIME AND TIME AGAIN"

"CARRY ME HOME" - ACDC

TRADITIONAL GENDER ROLES

A

PROMOTING DATE RAPE CULTURE

B

CONTROL

C

OBJECTIFYING WOMEN

D

NORMALIZING VIOLENCE

E

SLUT SHAMING

F

MALE DOMINANCE

G

ANSWER KEY

1-B, 2-E, 3-F, 4-A, 5-G, 6-C, 7-D

HOWARD JOHNSON A.K.A. KING SHADROCK, IS A PROFESSIONAL REGGAE ARTIST WITH OVER 19 YEARS OF EXPERIENCE IN THE MUSIC SCENE. HE BEGAN HIS FIRST NOTES IN HIS LOCAL CHURCH IN MONTEGO BAY, JAMAICA, WHERE HE WAS BORN.

KING SHADROCK IS ALL ABOUT CREATING MUSIC THAT MAKES PEOPLE FEEL GOOD SO WE INVITED HIM TO COME HELP STUDENTS AT LAKESIDE ACADEMY CREATE THEIR OWN SONG. THEY CREATED A RAP TO THE BEAT OF THE SONG 'HOTLINE BLING' BUT THE CHALLENGE WAS THAT THEY NEEDED TO MAKE SURE THEIR LYRICS HAD A POSITIVE MESSAGE.

**Check it out below!**



**KING SHADROCK**

### VERSE 1

I don't wanna be disrespected  
I'm only trying to do what's expected  
School is a place to feel connected  
Not to feel rejected  
Learned a lot from my mom  
She taught me to be calm  
So I know respect is key  
No one can take that away from me

### CHORUS

You gotta be respectful  
Start showing love in the world  
You gotta be respectful  
Try to show the world that you know  
That you know you're amazing  
That you know you're worth saving

### VERSE 2

People dying every day isn't OK  
We take it day by day  
If we could live as one together  
We could all have peace forever  
This is no lie, this is real life  
We need our world to change

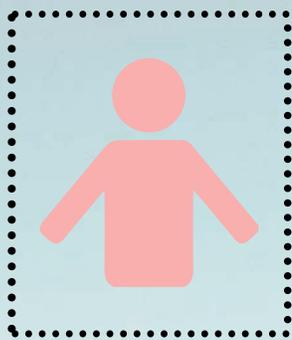
### CHORUS

### VERSE 3

They think they're tough but they're not  
No one knows my plot  
I give and get respect  
Because I know that love is never a threat  
Love is about showing emotion  
So let's ride these waves like an ocean

# BOUNDARIES

We all have our likes and dislikes and ~~NO~~ONE has the right to have these respected by others. A boundary is a rule that is put in place to let other people know what is acceptable and unacceptable to you. This means that everyone's boundaries are different. The following are the three ways in which people can set their boundaries.



## FLEXIBLE AND HEALTHY

Think of this as a kitchen strainer - some things go through while others do not. This means that depending on the situation, the setting you are in and the relationship with the other person, your boundaries are flexible which gives you more control over what to let in and what to keep out.



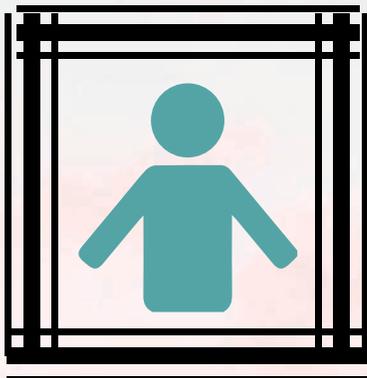
## NON-EXISTANT AND EASILY-BROKEN

Think of this as footsteps in the sand - whenever the tide passes over these footsteps, they disappear right away. This way of setting your boundaries is unhealthy as you never or rarely say no to others even if you are feeling uncomfortable with the situation.

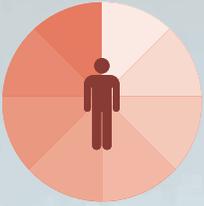


## RIGID AND UNHEALTHY

Think of this as a brick wall - no one is allowed to get close to you. This is very restrictive as different situations won't have any influence over your decisions. It is an unhealthy way of setting boundaries as you will often find yourself lonely because you can never develop close relationships.



# BOUNDARIES



## PERSONAL



## EMOTIONAL



## MENTAL



## MATERIAL



## PHYSICAL



## SPIRITUAL

For each scenario, think of what type of boundary is being crossed, the way in which the person is setting their boundary, and what you would do in their situation.

# 1

**Jamie's ex-partner never respected her limits when they were being intimate together. They've been broken up for a while now but Jamie feels like she can't trust anyone and that everyone is selfish. Jamie's friends are always trying to plan activities together but Jamie would rather be alone than risk having another person hurt her.**

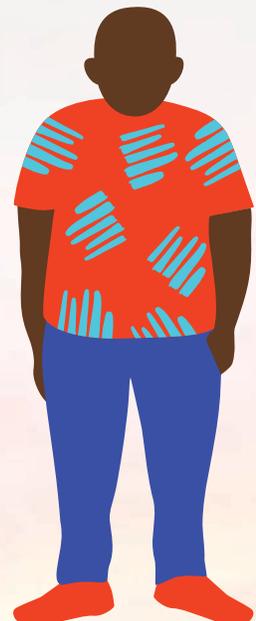
# 2

**Blair has been friends with Taylor for a while and they enjoy hanging out together. One of their mutual friends, Sam, goes to Blair and starts talking badly about Taylor, saying that Taylor isn't going to be a part of their friend group anymore. Blair tells Sam that they don't have a problem with Taylor and they're going to stay friends.**

# 3

**Alex and Jessie have been dating for a few months now. Jessie often makes comments towards Alex about his appearance and tells him that he eats "too much" or "too unhealthy". Alex hates this but doesn't say anything because this is his first relationship and he wants it to last.**

You know that little voice deep inside of you... the one that makes an appearance at times? Don't ignore it! It's there to protect you! Sometimes, it's not a voice but a feeling - your gut feeling.



## CONSENT

If a person says any of the following, they are NOT giving their consent!

Umm

Stop!

I guess...

I'm not sure

Maybe later

I need to go home

NO

\* Giggling \*

I'm not ready

I'm way too drunk

I change my mind

I'm not in the mood tonight

Subsection 273.1(1) of Canada's Criminal Code defines consent as the voluntary agreement of the complainant to engage in the sexual activity in question. Conduct short of a voluntary agreement to engage in sexual activity does not constitute consent as a matter of law.

<https://www.justice.gc.ca/eng/cj-jp/victims-victimes/def.html>



*You have the right to say NO and to have that respected by others!*

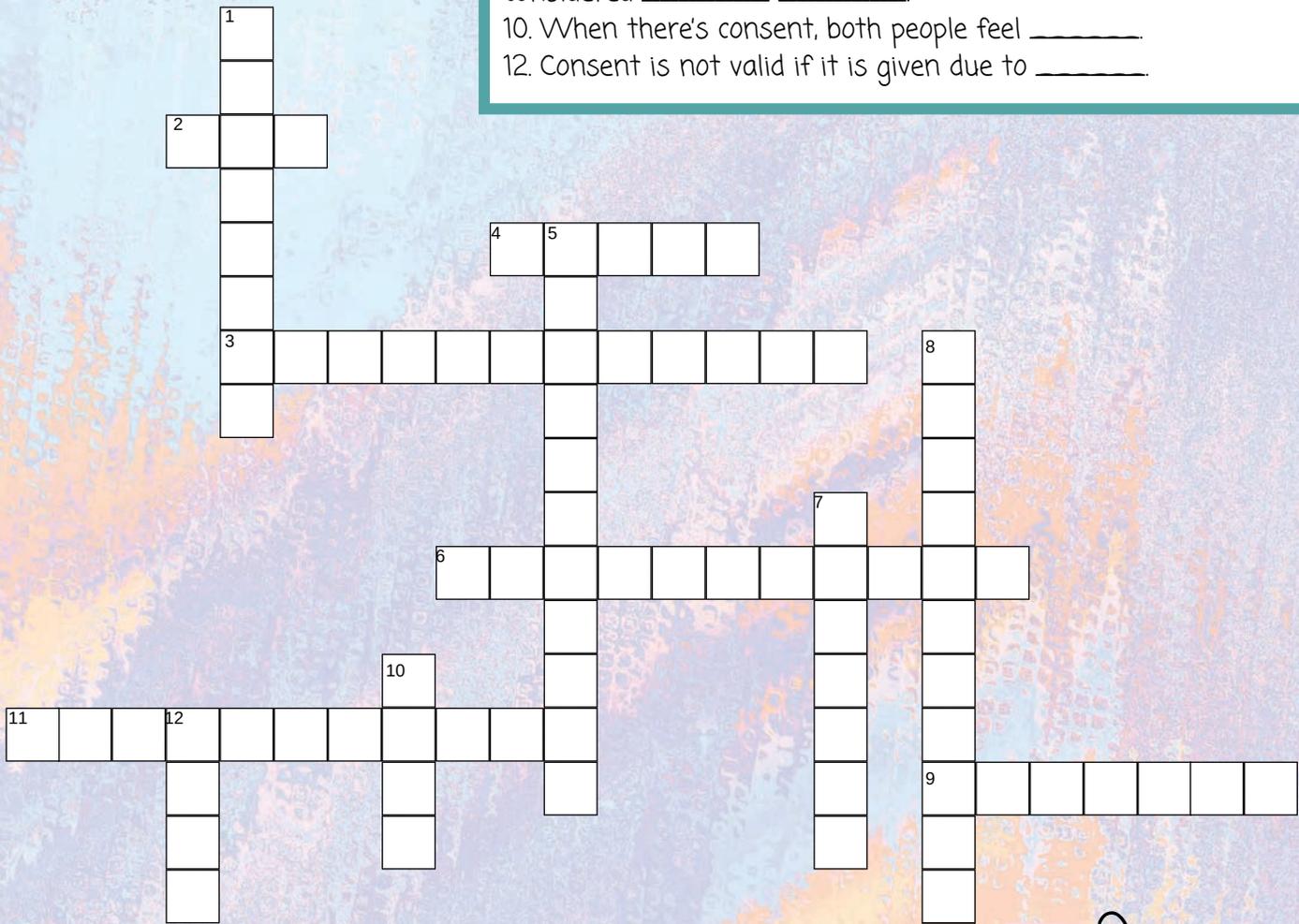
What to do if you've been sexually assaulted?

The Montreal Sexual Assault Center suggests the following:

***"If you were recently the victim of a **sexual assault**, it is important that you go to a designated centre to obtain medical and psychological care. Regardless of whether or not you decide to report the assault or have apparent physical injuries, you are entitled to receive this assistance. The MSAC, in partnership with the CSSS de la Montagne, CLSC Métro and the Montreal General Hospital, is one of the four designated centres in Montreal."***

# CONSENT

## Complete the crossword puzzle!



### DOWN

- 1. Consent should not feel like \_\_\_\_\_.
- 5. Consent cannot be given by someone who is \_\_\_\_\_.
- 7. In Canada, the minimum legal age for consenting to sexual activity is \_\_\_\_\_.
- 8. Unwanted sexual grabbing, kissing, and fondling is still considered \_\_\_\_\_.
- 10. When there's consent, both people feel \_\_\_\_\_.
- 12. Consent is not valid if it is given due to \_\_\_\_\_.

### ACROSS

- 2. The absence of no doesn't mean \_\_\_\_\_.
- 3. Being in a \_\_\_\_\_ does not automatically mean you're giving consent.
- 4. You have the \_\_\_\_\_ to withdraw consent at any time during sexual activity.
- 6. Consent cannot be given by someone who is \_\_\_\_\_.
- 9. A non-verbal sign of refusal to sexual activity is \_\_\_\_\_.
- 11. When there's consent, both people feel \_\_\_\_\_.

- Down:
- 1. Pressure
  - 5. Intoxicated
  - 7. Sixteen
  - 8. Sexual Assault
  - 10. Safe
  - 12. Fear
- Across:
- 2. Yes
  - 3. Relationship
  - 4. Right
  - 6. Unconscious
  - 9. Silence
  - 11. Comfortable

# SETTING BOUNDARIES

## UNHEALTHY BOUNDARIES CHECKLIST

- Falling for anyone that pays attention to you
- Being overwhelmed or pre-occupied by someone
- Being sexual for partner and not self
- Acting on first sexual impulse
- Going against personal values or rights to please others
- Taking as much as you can for the sake of taking
- Giving as much as you can for the sake of giving
- Allowing someone to take as much as they can from you
- Letting others direct your life
- Believing others can anticipate your needs
- Expecting others to fill your needs automatically
- Falling apart so someone will take care of you
- Not noticing someone else's inappropriate boundaries
- Black and white thinking
- Sharing personal information with anyone and everyone

## WHY ARE BOUNDARIES HARD TO SET?

- 1 FEAR OF MISSING OUT**
- 2 FEAR OF OTHERS NOT LIKING US**
- 3 PERFECTIONISM**
- 4 SOCIALIZATION**

In order for other people to know and respect your boundaries, YOU need to get to know yourself!



**WHAT ARE YOUR VALUES?**  
**WHAT DO YOU LIKE?**  
**WHAT ARE YOUR FEELINGS?**



**WHAT ARE YOUR LIMITS?**  
**WHAT MAKES YOU UNCOMFORTABLE?**  
**WHAT DON'T YOU LIKE?**

### COMMUNICATE!

**Say no when you don't want to do something and stick with it. Decide who you're willing to open up your boundaries for and decide who you need to have firm limits with.**

**When we don't set our boundaries, we are putting ourselves at risk of feeling overwhelmed, stressed, resentful, and taken advantage of which makes us more vulnerable to abuse of any kind.**

# SETTING BOUNDARIES

## "Lack of boundaries invites lack of respect"

Now that you've thought more about what your boundaries are and acknowledged the areas in which you may have unhealthy boundaries, it's time to practice!

In the following scenarios would you:

stay together? talk about it?  
or walk away?

## RULES

- 1) Be aware of that little voice or gut feeling deep inside of you
- 2) Communicate
- 3) Be direct and clear
- 4) Be consistent



Your partner puts you down

Your partner is proud of your successes

Your partner raises their voice at you

Your partner listens to you during an argument

Your partner pressures you for sex

Your partner makes fun of the things you like

Your partner tells you that they don't like your friends

Your partner blames you during every conflict

Your partner tells you that you're not allowed going out without them

Your partner cares about your feelings

# COMMUNICATION STYLES

Take a look at the following two scenarios and think about how you would react. The answers may not fit exactly how you would react, but you'll be drawn to some answers more than others. It is essential to explore and work on your communication style because this can help you to set healthier boundaries which leads to having your needs met. On the next page you'll find the different communication styles.



**1** You made plans to meet the person you're dating at a party at 9 o'clock. You don't know anyone at the party and your partner is late. Your partner finally arrives at 10:15.

HOW DO YOU REACT?

**A) Kiss them hello and act like nothing is wrong because you don't want to ruin the night.**

**B) Let them know that you felt uncomfortable at the party alone and ask them to call you next time if they know they're going to be late.**

**C) When you see your partner arrive, you start flirting with someone else because that will teach them not to keep you waiting.**

**D) You say to them "Where the \*\*\*\* were you? Who do you think you are making me wait for you for over an hour! You're so inconsiderate, you don't think of anyone but yourself!"**



**2** It's Friday night, you want to go out so you ask your friend to come over. Your friend tells you: "I'd like to hangout but only if we're going to stay in, I'm pretty tired."

HOW DO YOU REACT?

**A) You tell them that sounds great as you don't want to disappoint them.**

**B) You say "It's OK if you're tired, I actually felt like going out tonight though so maybe we can reschedule for another time?"**

**C) You say "Nevermind it's fine, I'll just ask someone that actually likes to have fun."**

**D) You say "Every single time I want to do something you say you're tired, you're so boring, why are we even friends?!"**

# COMMUNICATION STYLES

## PASSIVE - A ANSWERS

A PASSIVE person tends to avoid dealing with problems and does not speak up for their rights. They are often nervous or anxious, they seem to have little self-confidence. This person often tries so hard to please others which makes them ignore their own needs.



## ASSERTIVE - B ANSWERS

An ASSERTIVE person is clear, confident, and in control of themselves at all times. This person stands up for their rights without stepping on other people's rights. This person speaks in a direct, honest, and respectful manner. An assertive person is able to say "no" to something they are uncomfortable with, and is not willing to compromise their own values or beliefs in order to make another person happy.



## PASSIVE-AGGRESSIVE - C ANSWERS

A PASSIVE-AGGRESSIVE person may seem to be passive because they do not directly address conflicts. This person will 'get back at' the person they are angry with in a sneaky, underhanded way or in a way that will hurt the other person without drawing attention to themselves. By not addressing any problems directly, a passive-aggressive person will rarely have their needs completely met.

It's important to remember that assertiveness is not a magic formula. If you are communicating with someone that is overly aggressive and/or abusive, being assertive still won't work and you may even be putting yourself in danger. Always seek support from someone you trust when dealing with someone like this.

## AGGRESSIVE - D ANSWERS

An AGGRESSIVE person tends to overpower other people. They are often loud, bossy and dominating. When confronted with a conflict, this person will often verbally attack the other person. They may blame other people and are rarely willing to admit responsibility for their own part in a conflict. An aggressive person violates other people's rights in order to get what they want.



# Myth VS REALITY

1 ALCOHOL AND DRUGS ARE THE CAUSE OF VIOLENCE

2 A VICTIM HAS MANY LEGITIMATE REASONS FOR STAYING IN A VIOLENT RELATIONSHIP

3 VICTIMS OF ABUSE ARE AT TIMES PARTLY TO BLAME AS THEY PROVOKE THEIR PARTNERS TO BECOME ANGRY

4 ABUSERS ARE NOT ALWAYS VIOLENT IN ALL OF THEIR RELATIONSHIPS

5 PSYCHOLOGICAL VIOLENCE IS AS SEVERE AS PHYSICAL VIOLENCE

6 A PERSON THAT SAYS NO IS PLAYING HARD TO GET

## ANSWER KEY

1. Although alcohol and drugs may increase the use of violence in an abusive partner, they are not the cause. There are many people who do not consume substances and are violent. In the same manner, there are also many people who do consume and are not violent.
2. There are many reasons why one would stay in the violent relationship. When one decides to leave the relationship, this is the most dangerous time for them and they often fear what the abusive partner will do to them. Instead of focusing on why the person is not leaving the relationship, let's ask the question of why a person is abusing the other?
3. Getting angry is normal but anger does not need to lead to someone being violent or aggressive. Not everyone who gets angry is abusive; some have learned that communicating or walking away is best. Everyone is responsible for their own actions and no one deserves to be abused.
4. Many people who are abusive in their intimate relationships are not violent in other relationships as they do not want to be perceived in a negative way by others. Abusers often appear charming and kind to the public's eye but are not the same in private.
5. Psychological violence may be less apparent than physical violence, but can lead to low levels of self-esteem, depression, anxiety, etc. Psychological violence often escalates to physical violence as time goes by and can therefore be just as damaging.
6. The idea of playing hard to get is often shown on tv but the reality is 'NO means NO'. A person who says 'no' is not giving their consent by setting their boundaries and this must be respected.

# RED FLAGS



When we start a new relationship, it's exciting! Everything about the person seems perfect and we can't get them off our mind! This is why it can be hard to recognize warning signs of abuse early on. You can use this guide to try and catch on to the red flags while it's still early, but keep in mind, everyone's boundaries are different. The "all is good" section represents non-abusive scenarios but you may still have a problem with certain things on that list. The best thing you can do is COMMUNICATE with your partner as long as it is safe to do so.

**PHYSICAL  
VIOLENCE**

**STALKING/  
OBSESSIVELY  
CONTACTING**

**INTIMIDATES  
YOU WHEN  
ANGRY**

**PRESSURES  
YOU FOR  
SEX**

**POSSESSIVE-  
NESS**

**DISRESPECTS  
YOU**

**HAS DOUBLE  
STANDARDS**

**GOES THROUGH  
YOUR  
PERSONAL  
BELONGINGS**

**RELATIONSHIP  
GETS SERIOUS  
TOO QUICKLY**

**TOO MUCH  
JEALOUSY**

**DIFFERENCE  
OF OPINIONS**

**WATCHING  
PORN**

**SPENDING  
TIME ALONE  
WITH  
FRIENDS**

**HAVING  
ARGUMENTS**

**NOT  
REPLYING TO  
A TEXT RIGHT  
AWAY**

**DANGER**

**CAUTION**

**ALL  
IS GOOD**

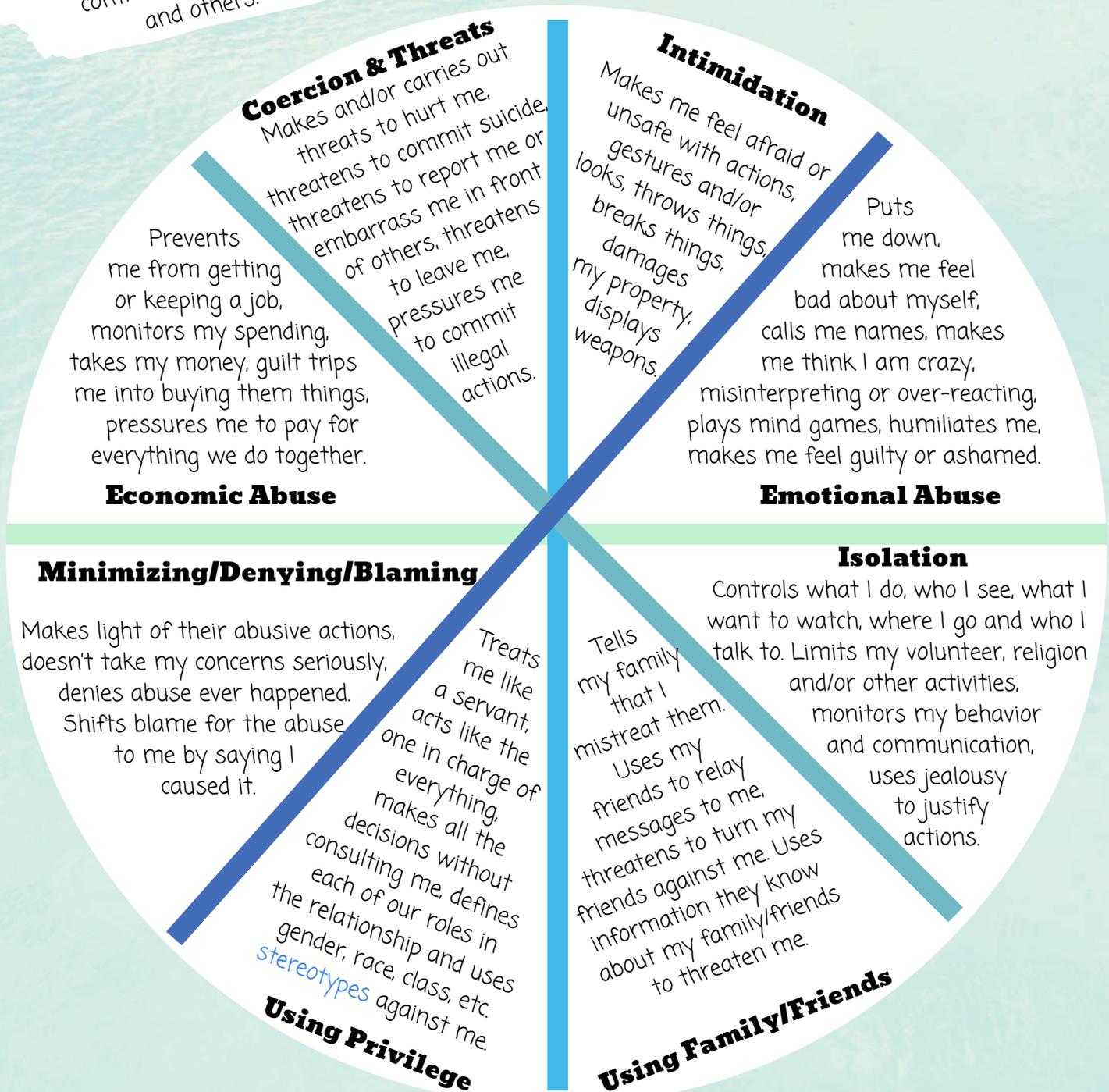
# WHEEL OF POWER AND CONTROL

One of the tactics used in LGBTQ+ relationships as a threat is "outing" a partner's sexual orientation or gender identity. Abusive partners may threaten to 'out' victims to family members, employers, community members and others.



Control is at the center of dating violence. An abusive partner relies on the use of different strategies and tactics to dominate their partner.

**This is the wheel of power and control which outlines these strategies.**



# COUPLE CONFLICT OR DATING VIOLENCE?

While it is normal for a couple to have disagreements, the relationship can become unhealthy if arguments are happening all the time and always unresolved. But keep in mind, unhealthy does not always equal abusive. Dating violence or abuse occurs when the tactics we saw in the wheel of power and control are used during the conflicts.



## DATING VIOLENCE

## COUPLE CONFLICT

### CONFLICT

To control the situation and dominate their partner.

### WHAT

To try to convince their partner of their point of view to solve the problem.

Any type of violence, aggression, manipulation, intimidation, etc.

### HOW

Getting angry, negotiating, expressing their point of view, etc.

One person fears the other, feels uncomfortable expressing their opinions and feels like a victim.

### AND THEN...

Both people feel like they were able to express their opinions. Whether the argument is resolved or not, they both still feel like equals.

# THE CYCLE OF VIOLENCE

The cycle of violence is an important tool used to understand HOW people end up in abusive relationships and WHY they stay. It outlines the repetitive patterns that the abusive partner uses to prevent the victim from leaving the relationship.



## PERIOD OF TENSION

The victim is walking on eggshells, living in a state of tension and fear, waiting for the next episode of abuse.



## HONEYMOON

The abusive partner is caring and tender, they continue to be apologetic and make promises to change. They make the victim feel special and may offer them gifts. It is during this stage that the victim gets pulled back into the relationship.



# THE CYCLE OF VIOLENCE



## ABUSIVE EPISODE

This stage represents a wide range of events depending on the form(s) of abuse. It could be name calling, yelling, physical violence, sexual violence, etc. Violent episodes typically escalate over time.

The abusive partner will deny and minimize the abusive episode. They may blame the victim or they may apologize as a quick fix.

"I was just a bit jealous ok?"

## JUSTIFICATION



## THERE ARE NO BAD PEOPLE...



GSP believes that respect, learning to listen to each other, and communicating are most important in a relationship. He explains that he does not believe that there are bad people - each person being a product of their environment and life experiences. GSP recognizes that people often let emotions take control and this translates into inappropriate behaviors which is why he encourages youth to find an outlet to express themselves in a way that works best for them.

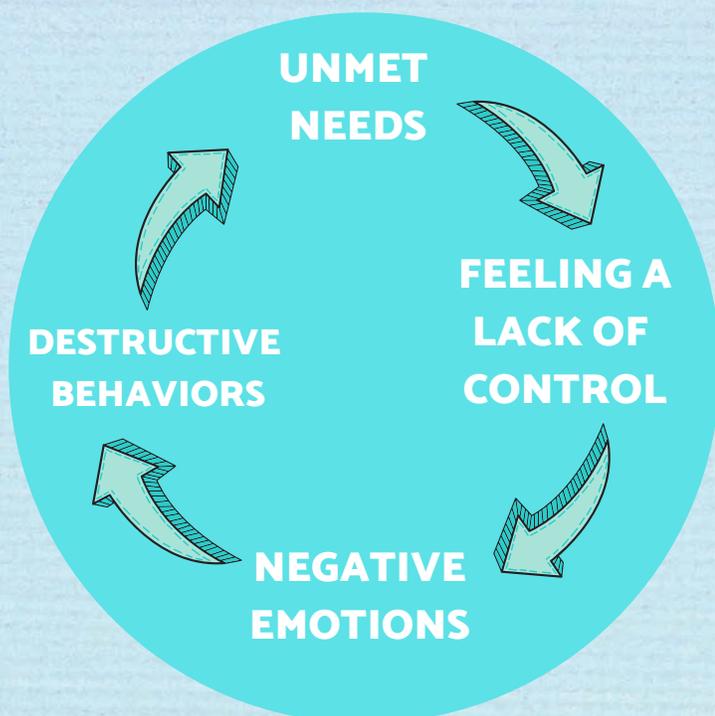


**GSP said it best: "there aren't bad PEOPLE." There are however, bad ACTIONS. If you have been aggressive or abusive in your interactions with others, you should not be permanently labeled as a "bad" person. Perpetrators of abuse, aggressiveness and violence are typically lacking something in their own lives. Many people deal with difficult life experiences at a young age - leaving them with unmet needs and no opportunities to develop healthy coping skills. Destructive behaviors can provide temporary relief but they're not effective long term and can harm others.**

**DON'T LET THE NEED FOR CONTROL IN YOUR OWN LIFE PUSH YOU TO CONTROL SOMEONE ELSE'S.**

**THERE IS NO SHAME IN ASKING FOR HELP.**

**FLIP TO PAGE 31 TO FIND OUT WHO YOU CAN TALK TO.**



# RECIPE FOR A HEALTHY RELATIONSHIP

There are certain essential elements that should be found in any type of relationship. Whether the relationship is with a friend, coworker, family member or partner, each person should have respect for one another as well as themselves. Respect is at the root of EQUALITY.

Complete the following word search to find all the other crucial ingredients in the recipe for a healthy relationship.

Z	A	T	I	T	S	S	E	N	R	I	A	F	E	A
Q	P	C	O	L	V	A	L	E	P	T	O	W	Y	C
C	M	E	D	K	T	W	F	K	I	E	L	O	Q	C
O	R	P	N	F	G	O	D	E	R	N	P	U	E	O
M	U	S	A	A	P	C	T	Y	T	Y	U	N	A	U
M	T	E	E	Q	U	A	L	I	T	Y	E	O	H	N
U	A	R	F	I	T	E	X	Q	E	T	G	I	O	T
N	U	Z	O	V	M	R	I	A	T	S	Y	T	N	A
I	L	A	Q	P	A	O	U	L	Z	E	R	A	S	B
C	V	O	J	G	P	W	A	S	E	N	D	I	F	I
A	J	C	V	H	X	U	C	X	T	O	M	T	N	L
T	F	U	B	E	H	P	S	E	N	H	I	O	S	I
I	N	D	E	P	E	N	D	E	N	C	E	G	B	T
O	C	T	L	S	B	M	W	J	A	K	R	E	K	Y
N	R	V	C	D	A	C	C	E	P	T	A	N	C	E

## RECIPE FOR A HEALTHY RELATIONSHIP

- |                       |                       |
|-----------------------|-----------------------|
| 1 cup equality        | 2/3 cup support       |
| 1/2 cup respect       | 1.5 tbsp independence |
| 2 cups communication  | 1/2 cup fairness      |
| 1 tbsp accountability | 1 tsp honesty         |
| 2 tsp negotiation     | 1 cup love            |
| 3/4 cup trust         | 1/3 cup safety        |
|                       | 3 tbsp acceptance     |



# SELF-ESTEEM

It takes a certain level of self-esteem to be able to set healthy boundaries and respect yourself and others. Self-esteem needs to be worked on - it doesn't always come naturally. By completing this test, you'll be able to assess your current level of self-esteem. For each of the characteristics or descriptions, indicate how true each is to you by circling the appropriate number.



**Strongly disagree / Somewhat disagree / Somewhat agree / Strongly agree**

**1**

**2**

**3**

**4**

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. I think I'm a valuable person and that I am equal to anyone else.    | 1 | 2 | 3 | 4 |
| 2. I think I possess a certain amount of good qualities.                | 1 | 2 | 3 | 4 |
| 3. All things considered, I tend to consider myself a failure.          | 1 | 2 | 3 | 4 |
| 4. I am capable of doing things just as well as the majority of people. | 1 | 2 | 3 | 4 |
| 5. I feel like there are very little reasons to feel proud of myself.   | 1 | 2 | 3 | 4 |
| 6. I generally have a positive attitude towards myself.                 | 1 | 2 | 3 | 4 |
| 7. In general, I am satisfied with myself.                              | 1 | 2 | 3 | 4 |
| 8. Sometimes I feel really useless.                                     | 1 | 2 | 3 | 4 |
| 9. I'd like to have more respect for myself.                            | 1 | 2 | 3 | 4 |
| 10. Sometimes I feel like I'm not good at anything.                     | 1 | 2 | 3 | 4 |

## HOW TO CALCULATE YOUR LEVEL OF SELF-ESTEEM

For questions 1, 2, 4, 6 and 7 = add the scores

For questions 3, 5, 8, 9, and 10 the calculation is reversed

(If you have circled the 1 = 4 points, if you have circled the 2 = 3 points, if you have circled the 3 = 2 points, if you have circled the 4 = 1 point)

**Total your points. You should get a score between 10 and 40.**

If you get a score below 25: your self-esteem is very low.

If you score between 25 and 31: your self-esteem is low.

If you score between 31 and 34: your self-esteem is in the middle.

If you score between 34 and 39: your self-esteem is high.

If you score higher than 39: your self-esteem is very high.

## SELF-ESTEEM & IDENTITY

Laurence Latreille's advice to you is to strengthen your self-esteem through self-discovery (passions, skills, interests), to focus on your own well-being, to communicate about what makes you uncomfortable, to build healthy relationships with others and to not hesitate to ask for help or support when needed!



Self-discovery is the key to being able to build a healthy sense of self-esteem. When we know who we are and feel proud of our identity, self-confidence comes naturally. Once the self-esteem and self-confidence have been developed, we have an easier time communicating assertively and setting boundaries for ourselves. Don't be discouraged if you're not there yet, it's not easy! Building self-esteem takes a lot of work but it's worth it.

**Psychologist Guy Winch offers the following five tips for building self-esteem:**

- 1 USE POSITIVE AFFIRMATIONS**
- 2 IDENTIFY YOUR STRENGTHS**
- 3 ACCEPT COMPLIMENTS**
- 4 ELIMINATE SELF-CRITICISM & INTRODUCE SELF-COMPASSION**
- 5 AFFIRM YOUR REAL WORTH**

"I give myself permission to do what is best for me."

"I am completely unique and therefore, there are no rules for what I can and cannot be."

"I stand up for myself because I matter."

"I love myself unconditionally."

**For example, if you get rejected by someone you like, remember the qualities that would make you great in a relationship rather than thinking that there must be something wrong with you.**

# COPING MECHANISMS

A '**coping mechanism**' refers to actions you do to deal with stress and other life challenges.

It's important to use healthy coping mechanisms when you are going through something difficult as they help to maintain your emotional well-being **long-term**.

Check out the list below for some ideas.

1

## Social Support



No one should have to deal with difficult times alone. Isolation can worsen your mental and emotional well-being. It is important to keep in touch with people you trust and can count on for support.



4

## Pleasure

When you engage in pleasurable activities, the 'feel good' brain hormone, dopamine, is released. It is important to spend time on your hobbies and practice self-care in order to reduce the probability of experiencing stress, anxiety, and depression.

*Chill*

2

## Physical Activity

Many studies have shown that physical activity is an effective way of reducing stress. You might see this as more of a chore or an obligation while engaging in it but there are numerous types of physical activity and through exploration, you might find one that you'll enjoy!



3

## Self-compassion

Be easy on yourself! Focus on your accomplishments and not on the things you haven't done. While it is normal to engage in some self-criticism, this should not occur regularly. If you find yourself in a pattern of negative self-talk, ask yourself if you would ever speak to a loved one in the same way.



5

## Relaxation

Meditating, praying, writing a journal, or doing breathing exercises are some of the many ways you can become more in touch with yourself as well as calm the part of your nervous system that is responsible for stress.



POSITIVE  
VIBES



# DATING BILL OF RIGHTS



## THE DATING BILL OF RIGHTS

- Lakeside Students

 I have the right to like (Love) whomever

 To be treated as an equal

 say no

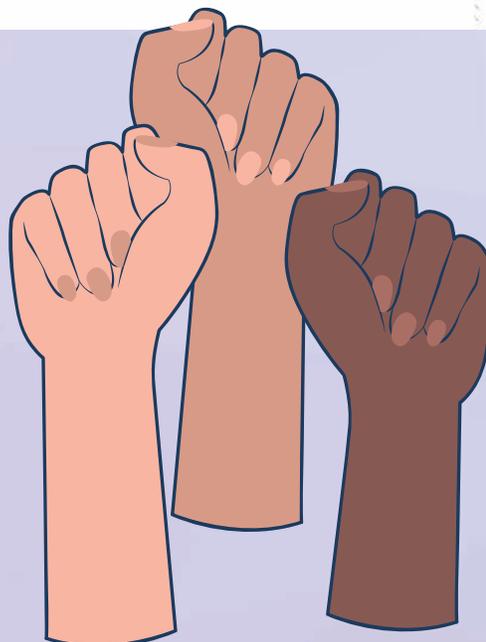
 The right to share/express how you feel.

 To have my limits and values respected

 wear what I want

 have space

Just because you have entered a relationship, does not mean that you lose your right to having your OWN values, thoughts and opinions. You still have a right to privacy and the right to be YOU!



# HOW TO HELP A LOVED ONE...

## BELIEVE

Many abusers will appear charming to outsiders making it hard to believe that they could be abusive. A charming exterior doesn't mean they are the same in their intimate relationship. If a loved one tells you they are being abused, believe them.

## PRAISE

Thank them for telling you and trusting you because abuse is never easy to talk about.

## VALIDATE

Tell them how strong they are and that the abuse is not their fault.

## LISTEN



Laurence Latreille agrees that one of the most important ways of supporting a friend who is in an abusive relationship is by keeping an open mind, listening and not judging the person to avoid pushing them away.

## DO NOT

Do not confront or speak badly about the abusive partner. Confronting is not safe for you and speaking badly about the partner can increase the victim's feelings of guilt and shame for being with the partner.

## OFFER

Offer help and resources. Suggest they consult with a professional about it or speak to a trusted adult.



# RESOURCES

## TEL-JEUNES

1-800-263-2266 (24/7)

TEXTING LINE: 514-600-1002



SUICIDE ACTION  
MONTREAL

1-866-277-3553 (24/7)

Kids Help Phone  
Jeunesse, J'écoute

1-800-668-6868 (24/7)



Telephone line that provides information and referrals to victims of intimate partner violence and their loved ones.

1 800 363-9010 (24/7)

Interligne provides help to those concerned with sexual orientation and gender diversity.



1-888-505-1010

CALL OR TEXT



Services that promote the mental, emotional, and social health of youth.

514-938-0006



Montreal **ASSAULT PREVENTION CENTRE**

Self-defense course and assault prevention workshops.

514-284-1212



Centre pour les victimes d'agression sexuelle de Montréal

Services are available for all victims of sexual assault: including friends and family of a victim.

514-933-9007



**CALACS WEST ISLAND**

Counselling services for female victims of sexual assault (12+ years old)

514-684-2198



Laws and rights of youth.  
<https://www.educaloi.qc.ca/en/youth>



Les Centres de la jeunesse et de la famille Batshaw  
Batshaw Youth and Family Centres

**YOUTH PROTECTION**

514-896-3100/514-935-6196



Commission des droits de la personne et des droits de la jeunesse Québec

Your rights in different contexts.

[HTTP://WWW.CDPDJ.QC.CA/EN/](http://www.cdpdj.qc.ca/en/)



West Island **LGBTQ2+ Centre**

Welcoming environment where LGBTQ2+ people can come to meet, talk, get to know each other.

514-794-5428



head & hands

514-481-0277

Head & Hands offers medical, legal and social services to youth. They also have a young parents program and a food bank.



**MCGILL DOMESTIC VIOLENCE CLINIC**

Counseling for perpetrators & victims.

514-398-2686

For further readings on dating violence :

[HTTPS://WWW.BREAKTHECYCLE.ORG/](https://www.breakthecycle.org/)

[HTTP://WWW.RCMP-GRC.GC.CA/CYCCP-CPCJ/VIOLENCE/DV-VF/INDEX-ENG.HTM](http://www.rcmp-grc.gc.ca/cyccp-cpcj/violence/dv-vf/index-eng.htm)