

## Helpful Tips

- It's never too late to say "NO" or to leave if you are in a bad situation.
- "No" MEANS "No" - Say it clearly, loudly and mean it. Show respect for your partner's feelings.
- If you are in a risky environment, with alcohol or drugs, develop a safety buddy or check-in plan with friends.
- The victim is never to blame. Questioning or blaming can begin during the assault and reduce the victim's ability to escape the situation.

## Where To Go For Help

- Tell the RCMP
- Talk to someone you can trust
- Call Kids' Help Phone: 1-800-668-6868
- Nunavut Kamatsiaqtut Helpline  
7 p.m.–12 a.m. (EST) 1-800-265-3333
- Assaulted Women's Helpline 1-866-863-0511
- Domestic Abuse Partner Helpline  
1-888-743-5754
- Local health centre
- Ask for help: community health nurses, faith programs, and community services often provide advice and assistance if you contact them for help.

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# Teen Dating Violence

## Embrace Life Council

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## TYPES OF DATING VIOLENCE

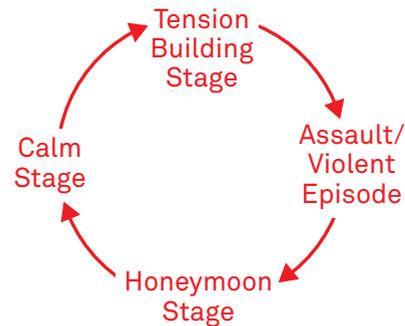
Abuse can take many forms. Here are a few of the more common types:

**Emotional Abuse** is a pattern of destructive behavior that attacks a person's sense of self-worth and confidence. It may include insults, humiliation, threatening to harm, put-downs, yelling, and extreme jealousy.

**Physical Assault** is the intentional use of force, or threats of force, on another person in an attempt to control behaviour, intimidate, or punish.

**Sexual Assault** occurs when someone forces any type of sexual activity on someone else without that person's voluntary consent. Consent is free, willing, non-coerced agreement to engage in sexual activity. Someone who is not resisting or not saying anything is not giving their consent.

## Cycle of Assault



The cycle will continue and the severity of violence will continue unless there is **intervention**.

## Healthy vs. Unhealthy Relationships

Everyone deserves to be loved and to feel safe and secure. A healthy, loving relationship means:

- You can trust and be honest with one another
- You listen to each other
- You are ready to compromise when you can't agree
- You respect each other's bodies, opinions, friends, family and belongings
- You accept each other for who you are
- You are able to be yourself
- You support one another's goals and interests
- You encourage each other to do and be your best

Most of the time an unhealthy relationship leaves you feeling unhappy, unsafe, or scared about the future. Unhealthy relationships involve:

- Using fear to control how someone talks, acts and thinks now and in the future
- One person trying to use their physical or emotional power to control another person
- Physical, emotional, verbal, financial or sexual abuse
- The use of fear to control how someone talks, acts and thinks both now and in the future

## FACTS

- Emotional abuse is the most common form of abuse seen in teen dating relationships.
- 51% of all Canadian women have experienced at least one incident of sexual or physical violence. About 60% of these women have survived more than one incident of violence (Statistics Canada, 1993).
- The results of a 2011 study showed that 61% of male participants did not consider forcing sex on an acquaintance as rape (Weiler-Polak, 2011).
- In 51% of all incidents of dating violence reported by Canadian women, the perpetrator was under the influence of alcohol.
- In 86% of sexual assaults reported to the police the victim knew the accused—they were peers, acquaintances, co-workers or family members (OWD, 2009).