



A Healthy Relationship

A healthy relationship means that both you and your partner are...

- **Communicating**
You talk openly about problems without shouting or yelling. You listen to one another, and are willing to compromise.
- **Respectful**
You value each other as you are. You treat each other in a way that demonstrates the high esteem you hold for one another.
- **Trusting**
You both trust each other completely.
- **Honest**
You are both honest with each other but can still choose to keep certain things private.
- **Equal**
You make decisions together and you hold each other to similar standards.
- **Enjoy personal space**
You both enjoy spending time apart and respect when one of you voices a need for space.
- **Make consensual sexual decisions**
You talk openly about sexual decisions together and both consent to sexual activity.



An Unhealthy Relationship

An unhealthy relationship starts when even just one of you is...

- **Not communicating**
Problems are not discussed calmly, or not talked about at all. You don't listen to each other or try to compromise.
- **Disrespectful**
One or both partners are inconsiderate toward the other.
- **Not trusting**
There is suspicion that your partner is doing things behind your back.
- **Dishonest**
One or both partners lie to each other and/or family and friends to make the other look bad.
- **Trying to take control**
One or both partners sees their desires or decisions as more important.
- **Feeling smothered or forgetting to spend time with others**
So much time spent together that one partner feels uncomfortable or is isolated from family.
- **Pressuring the other into sexual activity or ignoring consequences**
One partner is trying to convince the other that the relationship should become more sexual.



An Abusive Relationship

An abusive relationship starts when just one of you...

- **Communicates abusively**
During disagreements there is screaming, swearing, or threatening, or these things happen even when there is no argument.
- **Is disrespectful through abuse**
A partner intentionally and continuously disregards your feelings and physical safety.
- **Falsely accuses the other of flirting or cheating**
A partner suspects flirting or cheating often harming their partner verbally or physically as a result.
- **Doesn't take responsibility for the abuse**
The violent or verbally abusive partner denies or minimizes their actions. They try to blame the other for the harm they are doing.
- **Controls the other partner**
There is no equality in the relationship. What one partner says goes.
- **Isolates the other partner**
The other partner is socially isolated from family and friends.
- **Forces sexual activity**
Threats and violence are used prior to or during sexual activity.

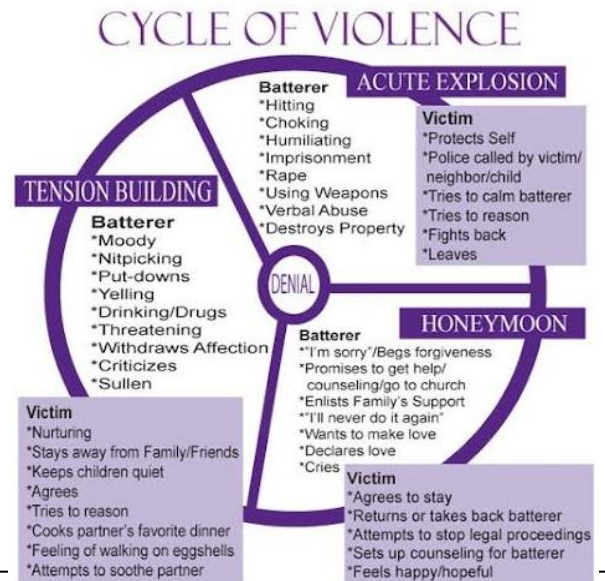
Intimate partner violence (Domestic Violence/ Relationship Violence) is a pattern of behaviors used to exert power or control over a partner. It may involve physical, sexual, emotional/psychological or financial abuse by a current or former intimate partner, to maintain power and control over the other person.

Physical Abuse may include exploding in anger, hitting, biting, choking, pushing, punching, slapping, shaking, kicking, starving, hair pulling, throwing things or using or threatening to use a weapon.

Sexual Abuse may include unwanted sexual touching, rape and other sexual activities considered degrading, humiliating, painful and committed without consent.

Emotional/Psychological Abuse may include ignoring your feelings, verbal abuse, constant criticism, insults, emotional blackmail, isolation from loved ones and support networks, humiliation, yelling, put-downs and threats, stalking behaviours, harming pets, damaging property and threats to harm or kidnap children.

Financial Abuse may include taking control of all finances, stealing from or controlling access to money.



If you are in an abusive relationship

It's not your fault!

Call for help:

Delta Police Department 604-946-4411

www.deltapolice.ca/victim/

Delta Police Victim Services 604-940-5019

Victimlink 1-800-563-0808

Azure Transition House 604-957-1556

Distress Services 1-866-661-3311

Distress Services Suicide Line 1-800-784-2433

Multi-cultural Victim Services (Mosaic)

604-254-9626

Youth Against Violence Line 1 800 680 4264

BC 211 email: help@bc211.ca

Fraser Health Crisis Line 1-877-820-7444

Counselling:

Deltassist 604-594-3455

Moving Forward 778-321-3054

Legal:

Legal Aid 1-866-577-2525

Family Justice Centre 604-501-3100 (Surrey)

Bowman Law Centre 604-946-1616

Legal Advice Clinic (Access Pro Bono) 604 878 7400

D. O. V. E.
(Delta Opposes Violence Everywhere)
Coordinating Committee



The Delta Opposes Violence Everywhere Coordinating Committee is committed to ending violence in human relationships, and its impact on everyone.



INTIMATE RELATIONSHIPS: YOU DESERVE A HEALTHY RELATIONSHIP

D.O.V.E. Coordinating Committee:

**Working Together
To End
Relationship Violence**



www.deltapolice.ca/dove

www.deltaassist.com/community/delta-opposes-violence-everywhere-dove

D.O.V.E. Committee

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