

Are We Cool?

Relationship quiz, dating safety, intimate image support, healthy relationship signs and resources.



Have you ever been in a relationship that just didn't feel right? Romantic, platonic, family, or other? How do we know when to ask for help and how do we know if what we are experiencing is healthy or not?



Sexual Assault Crisis Line: 778-225-0039
Sexual Assault Services: 250-650-5488
Main Office: 250-897-0511 (June 2024)



Created by Comox Valley Transition Society - Sexual Assault Services Program in June 2024



Relationship Quiz



Physical:

- Threatens to or harms you physically. Such as slapping, pushing, hitting, grabbing, and/or holding you against your will
- Grabs or pulls your hair, clothing, or body
- Throws things at you
- Pressures you to eat things and/or prevent you from eating
- Physically prevents you from leaving - forcefully confining you
- Strangles or chokes you - pressure to the throat can have serious health repercussions

Verbal:

- Constantly accusing you or blaming you for things
- Talking about you or your body in a way that hurts you or makes you feel uncomfortable
- Calls you names, puts you down, and/or makes threats.
- Often uses intimidation or yelling to get what they want



Psychological:

- Uses guilt to control your behaviour.
- Intimidates, and/or threatens you
- Pressures you to change the way you think or what you believe in (values or religion)
- Keeps you from socializing or seeing friends and family
- Makes threats against you, people, and/or things that you care about (including pets)
- Acts extremely jealous or possessive and tries to control your actions or life
- Invalidates your feelings in a hurtful way or makes you feel "useless" or "crazy"
- Make you or other people feel bad about themselves
- Controls what you wear, what you eat, or who you talk to
- Threatens self-harm if you do not comply
- Blames you for their own actions and poor behaviour

Financial:

- Takes or steals your belongings or money
- Controls how you spend your money
- Asks for your bank information or access to your account
- Makes you pay for their things through manipulation and/or guilt
- They claim they are using your money to pay for bills but are actually using it for personal items, drugs, or alcohol

Sexual: Includes kissing, touching, verbal expressions, grabbing, video/image taking, intercourse, etc.

- Withholds affection or sex as a form of control or punishment
- Touches/grabs your body in intimate areas without your consent
- Refuses to practice safe sex such as condom refusal or disrespecting boundaries
- Stealthing - Taking a condom off during sex without your consent
- Insists or pressures you to perform or experience a sexual act that you don't want to (this includes kissing, touching, intercourse, etc.)
- Pressures you to perform or experience sexual acts including pornography against your will in exchange for money, goods, or shelter
- Makes sexual comments or requests that make you feel uncomfortable or unsafe

Same-Sex, Trans, and Queer Relationships

People who are engaged in same-sex, trans, and queer relationships should watch out for unique warning signs of abuse in a relationship such as:

- Threats of being outed about their sex, gender, or sexuality to people they care about or their community
- An abusive partner may try to lower self-confidence and criticize or make fun of their partner's gender expression
- Someone fetishizes your sexual orientation
- Isolating their partner from their friends, family, and the LGBTQ2s+ community
- Force or pressure their asexual partner into sex or shame their asexuality
- Shame and/or threatens to disclose a partner's sexual, physical, or mental health status without consent
- Misgendering or using dead name in protest
- Blaming you for their own problems, feelings, and/or reactions to your sexual expression
- Intentionally using homophobic or transphobic slurs
- Interfering with your access to medical care/treatment, binders, or other care items
- Changes or threatens to change the dynamic of a relationship without consent as a means of control
- Comments that they are confused or lying about their sexual orientation

LBGTQ2s+ services contact:

Trans Lifeline: 1-877-330-6366 or translifeline.org
 PFlag: 1-888-530-6777 or pflagcanada.ca

Abusive behaviours may be exhibited by anyone of any age or gender in any type of relationship, regardless of gender roles.

Most of these behaviours are not safe/healthy, however some are actually against the law.

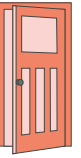
If you need help contact: 911
Lilli House Crisis Line and Safe Shelter: 250-338-1227
Sexual Assault Crisis Line: 778-225-0039

To find a safe shelter near you look up: Safeshelter.ca



It can be Hard to Leave an Abusive/Unhealthy Relationship

Leaving an unhealthy or abusive relationships can be very challenging. It is common for it to take more than one try for someone to leave.



Reasons why it might be hard to leave:

- You love your partner and hope that they will change (Change is often promised but behaviour often reverts back quickly)
- You feel afraid that you cannot support yourself financially on your own
- You are afraid of being in a small town and not being able to get away from the abuser
- You have tried before and it didn't stick
- You are afraid of the stigma of leaving or "giving up" on the relationship
- You are afraid of the repercussions from social groups and family or the isolation of being on your own again
- Your community, culture, or religion prevents you from separation or divorce
- You are worried about how it will impact your children, if your children will be taken away, or how custody will work
- You have been manipulated into thinking that it is not that bad and or that you deserve this treatment

Safety Planning

Prepare a "grab and go" bag

Things to take when you leave home:

- ID (Birth Certificate, SIN #, driver licence, Passport, etc.) for yourself and your children
- Medications, medical records, and educational records/certificates
- Cell phone, laptop, and other electronics
- Keys (car, house, storage etc.)
- Money, credit cards, gift cards, banking information, and chequebook
- Legal paperwork or marriage certificate.
- Rental agreement or deed for your house
- A change of clothes

Sign out of accounts and clear passwords on other devices that you are leaving behind: Social media, banking apps, etc.



Consent

Giving "consent" is an individual's voluntary agreement or permission given to engage in an activity. Consent is the individual's own choice and must not be given out of fear, pressure, guilt, or by convincing. Even if someone has agreed at first, they can change their mind at any point and their choice must be respected.



This applies to general-physical and sexual contact. Respect everyone's space and body.

Enthusiastic consent and communication are crucial in safe and healthy interactions. Examples:

Absolutely, I also want to do this, yes, I am enjoying this, heck yes, etc.

If you are hearing/saying "fine" or "get it over with" or seeing/feeling closed off and tight body language, this may be a sign that they/you are feeling pressured or coerced.

If someone does not give consent, for example **they say "no", do not answer, or are impaired/intoxicated, the activity is not consensual.** If the sexual activities are continued it is considered an assault which is a serious crime.

Intimate Images



It is illegal to knowingly share an "intimate image" of a person without their consent no matter your age. This includes images or video recordings.

The Intimate Images Protection Service supports people in B.C. who have had their intimate images shared without their consent by offering options and/or helping to remove the images online.

Office:
236-468-4381
Toll Free:
1-833-688-4381

Email:
protectyourimages@gov.bc.ca

CAUTION CAUTION CAUTION

Dating Warning Signs

- Moving quickly and being pressured to commit to a relationship by moving in together or sharing finances early on - these can be early indicators of controlling or abusive behaviours
- There is a history of violence or abusive behaviour in their previous relationships, this is especially dangerous if they haven't received professional help to change their behaviour
- Often blaming others for all of their problems or being unreasonably judgmental of others
- Making unreasonable demands of a partner's time, asking them to cancel with others, repetitively calling when socializing, guilt-tripping their partner for having other relationships with family or friends, etc
- Be cautious of excessive and/or inauthentic flattery, early intense conversations about a future together, telling someone what they know they want to hear, controlling, obsessive, and/or other intentionally isolating behaviours
- Emotional or psychological manipulation such as put-downs, guilt, pressure, pity, making you question yourself, refusing to communicate, ghosting/ignoring you for periods of time, punishing you, and/or invalidating your feelings

TIPS

Tips for Safe Dating:

- Get comfortable with your intuition, if something doesn't feel right, trust your gut.
- Meet in public spaces
- Let someone know when and where you are going and keep your location on
- **Keep your eye on your drink and if you feel off (slurred speech, fatigued, loss of control of body parts or movement, confusion, visual impairments, nausea, and dizziness) communicate with and/or call a safe person or 911 immediately**
- Never meet someone you met online/dating apps in a private space or at home alone
- **"Screw politeness"** in situations where you feel disrespected, unsafe, and/or uncomfortable
- Do your research on the person, creeping, asking around, and looking them up online
- Have a safety plan for getting out of an uncomfortable date and/or for getting home
- Charge your phone before meeting up
- Consider intentions when accepting substances, "free" stuff is never really free

What does being in a "healthy" relationship look and feel like?



Each relationship is different. Remember you are the expert of your own life and listen to what your body and intuition are telling you.

Some healthy signs in a relationship are:

- You feel good/proud about your relationship
- You have your own hobbies, friends, likes/dislikes, as well as similarities
- Your partner is not your "everything" and you have a system of things/people that bring you joy
- You feel supported and validated by each other
- You can talk about your wants and needs in a way that does not harm each other
- You feel comfortable and safe with each other
- You can set healthy boundaries with each other and they are respected
- There is honesty and your sexuality/gender expression is respected
- Your conflicts are communicated in a way that does not harm each other
- Your nervous system is not constantly activated when interacting with each other
- You have fun and feel joy with them and around others more often than not
- You encourage each others own interests and support each others own personal growth
- You listen to each other and have an open mind but can respectfully disagree on things/opinions
- You have the freedom to say no or change your mind at any time without repercussions

Boundary Setting VS Controlling Behaviour

Boundary Setting

- Trying to control your own actions, reactions, and protect yourself.
- Expressing what you are willing to do or willing to accept.
- Open to discussion and compromise
- Mutual respect of boundaries
- "I" statements (take responsibility)



Controlling Behaviour

- Trying to control the other person.
- Making someone do what you want or act the way you want them to - trying to change them.
- Harsh ultimatums.
- Expecting the other person to respect your boundaries but not respecting theirs.
- "You" statements (lay blame)

Resources

If any of this information has made you feel like you want to talk to someone, you are interested in seeking help, or this brought up past trauma, please reach out.

If you are unsure of what is available in your community, you can contact **VictimLinkBC 1-800-563-0808**



Comox Valley: In cases of emergency call 911.

24/7 Information and Crisis Lines:

- **Lilli House Crisis Line: 250-338-1227**
- **Comox Valley Sexual Assault Line: 778-225-0039**
- **Suicide Hotline: 1-800-784-2433**
- **Suicide Crisis Hotline text or call: 988**
- **Vancouver Island Crisis Line: 1-888-494-3888**
- **VictimLink BC: 1-800-563-0808**
- **KUU-US Crisis Services: 1-800-588-8717**

Other Resources:

- **Lilli House Safe Shelter** 250-338-1227
- **Stopping the Violence Counselling (STV)** (Must be over 18) 250-897-0511
- **Sexual Abuse Intervention Counselling (SAIP)** (Must be under 19) 250-338-7575
- **Sexual Assault Services:** 250-650-5488
- **VLM Multicultural Family Support Services Society** 1-604-436-1025
- **Community-Based Victim Services** 250-338-7575 ext. 225/226
- **Public Health-Sexual Health:** 250-331-8520
- **OPT Clinic (Sexual Health Testing):** 250-331-8572
- **Foundry** (Ages 12-24): 250-338-7341
- **BC Society for Male Survivors of Sexual Assault and Abuse:** 1-604-682-6482 *Virtual*
- **First Nations Health Authority** (Counselling/Wellness): 1-855-550-5454
- **Indian Residential School Survivors Society** (24/7 Counselling line): 1-800-721-0066
- **Action Canada** (sexual/reproductive information and rights) 1-888-642-2725
- **Kids Help Phone** 1-800- 668- 6868



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