

Is it time to **PUT THE BRAKES ON YOUR RELATIONSHIP?**



**OPEN
COMMUNICATION
TRUST
HONESTY
RESPECT OPINIONS**

GREEN LIGHT (healthy relationship)

Relationships are based on equality and respect

- Make decisions together
- Openly discuss challenges
- Enjoy spending time together or apart



**BREAKDOWN IN
COMMUNICATION
PRESSURE
DISHONESTY
INCONSIDERATE
BEHAVIOUR**

YELLOW LIGHT (unhealthy relationship)

**Relationships are based on attempts
to control the other person**

- One person tries to make most of the decisions
- One person pressures their partner about sex
- One person does not see how their actions can be hurtful
- Pressure to spend time only with your partner



**THREATS
ACCUSATIONS
BLAMING
ISOLATION
PRESSURE
MANIPULATION
SHOUTING
PHYSICAL VIOLENCE**

RED LIGHT (abusive relationship)

Relationships are based on power and control

- One person makes all of the decisions about sexual choices, friends and boundaries
- Pressure to spend all free time together
- Playing mind games by making you feel guilty or crazy
- Afraid to talk about what is really happening in the relationship
- Living in fear because of threats or acts of physical violence
- Having things destroyed

PUBLIC HEALTH

1-800-361-5653

TTY 1-866-512-6228

york.ca/FamilyViolence

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York Region

RELATIONSHIP QUIZ

In your current relationship,
have you ever...

YES/NO

Been threatened, yelled at or had your personal belongings destroyed?

YES/NO

Felt bad about your yourself because of your partner's put downs and name calling?

YES/NO

Been kept away from your family and friends?

YES/NO

Been blamed for your partner's abusive behaviour, or has your partner ever minimized or denied his/her abusive behaviour?

YES/NO

Had your partner either use your children to manipulate you or threaten to take them away?

YES/NO

Been bossed around, given orders or had decisions made for you by your partner?

YES/NO

Had your finances controlled by your partner, or been prevented from holding a job?

YES/NO

Had your partner demand to see your calls, texts or emails, or take away your cell phone?

YES/NO

Had your partner threaten to hurt you, leave you or attempt suicide?

**If you answered yes to any of these questions,
you may be in an abusive relationship.**



Visit york.ca/FamilyViolence for ways to get help.

For more information, contact: **Health Connection** at 1-800-361-5653 to speak to a registered nurse or chat live at york.ca/NurseChat, **Assaulted Women's Helpline** 1-866-863-0511 (toll free), 1-866-863-7868 (TTY and toll free), **#SAFE (#7233)** (mobile), or **Community Crisis Response Service** 1-855-310-COPE (2673)