

Is it time to put the brakes on your relationship?

- **Open communication**
- **Trust**
- **Honesty**
- **Respect opinions**

GREEN LIGHT (healthy relationship)

Relationships 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
- 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 (abusive relationship)

Relationships are based on power and control

- One person makes all of the decisions about sexual choices, friends, and boundaries
- Made 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

Adapted with permission from loveisrespect.org

1-800-361-5653

TTY: 1-866-252-9933



York Region Health Connection

Community and Health Services

Public Health

www.york.ca



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 prevented from holding a job?

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 www.york.ca/parenting/familyviolence for ways to get help.

For more information, contact: **Health Connection** at 1-800-361-5653 to speak to a Public Health Nurse, 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)**

Adapted from Domestic Abuse Intervention Project www.duluth-model.org



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