

WHAT DOES *love* MEAN?



Enjoyment
Family
Friends
Romance
Smiles
Kisses
Talking with each other
Kindness
Sharing
Honesty
Safety
Support
Accepting
Respect
Pleasure

Love is more than sex!

In a loving relationship, partners:



Ask what feels good.



Respect desires, wants, choices, and feelings.



Talk about what makes each other happy, excited, sad, scared, angry, or nervous.



Choose to be together and enjoy time together.

Practice safe sex – protect each other from sexually transmitted infections and unplanned pregnancy.



Argue in healthy ways. It's okay to get mad. It's NOT okay to lie, cheat, or hurt each other.



Share personal things. Take time to get to know each other, to trust and feel comfortable together.



Are you ready for a relationship?

Are you confident in yourself?

Do you believe you deserve to be treated well?

Have you made decisions about birth control and pregnancy?

Do you know sexual body parts and how they work?

Do you know what you want from the relationship?

Not everyone wants sex. Not everyone wants to get married or have babies.

Can you talk about and make decisions about safe sex?

Can you talk with your partner? Tell them what feels good and what doesn't? Talk about how to keep each other safe?

Healthy Relationships:

Let's Talk About Us



Learn more about healthy relationships and how to communicate better:

Talk to a nurse, social worker, or mental health worker

Visit

WWW.IRESPECTMYSELF.CA

WWW.SEXANDU.CA





What is an unhealthy romance?

- One person expects things that the other person feels uncomfortable or unsafe about.

Examples:

Asks "Can I do/try you?"

Demands naked photos or shares them without your consent.

Wants to spend all your time together having sex.

Wants violent sex.

Refuses to use condoms for safe sex.

- One person does not respect the other person or ask what they want.
- One person is abusive to the other person—hurts the other person with words or actions. The other person feels like they have to be careful what they say or do.
- Jealousy or lack of trust: One person does not want the other to spend time with other people or doing things without them.

You may need support to leave an unhealthy relationship. Talk to someone you trust:

- Nurse
- Mental Health Worker
- Social Worker
- Nunavut Kamatsiaqtut Helpline (1-800-265-3333)



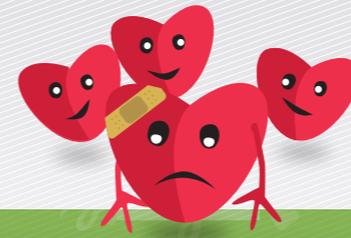
If you are in immediate danger or thinking about harming yourself or others, call the RCMP EMERGENCY line.

BREAK UPS

Sometimes a loving relationship does not work. People can grow apart or change their mind. It felt like love. But the person who was right for you is not the right person any more.

If you're thinking about breaking up with someone:

- Plan for a conversation. Do not avoid it. Do not rush into it.
- Show respect for the other person's feelings.
- Be honest and clear about your feelings, but do not be mean.
- Say it in person. Do not text, email, or use Facebook and other social media.
- Talk to someone you trust to practice what you are going to say.
- If you feel unsafe, have someone nearby.



HANDLING BREAK UPS

Breaking up can be hard for both people. It's normal to feel sad. Sometimes it feels like things will never get better.

Time and other things help.

- Spend time with people who make you feel good.
- Remember your strengths.
- Take care of YOU. Spend time doing activities that you love and that make you feel good about yourself. Go out on the land, sew, watch a movie, play sports or learn a new skill!

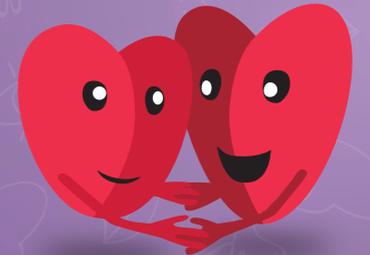


When you tell someone you no longer want to see them, they have no right to follow or contact you. If you feel unsafe after you've broken up with someone, call the RCMP EMERGENCY line.

IMPROVE your relationships

Practice these simple tips.

- If you have something important to say, find time to talk when you are both calm and not distracted.
- Be honest. Small lies lead to bigger lies.
- Communicate what you want, don't want, and what feels good.
- Set healthy boundaries:
 - Agree on rules and limits
 - Take time for yourself
 - Spend time apart from one another with friends and family and doing the things you enjoy.
- Use "I" and "me" statements. Talk about how you feel or what you notice. Avoid blaming or accusing.
 - " When you do ____, I feel ____ . "
 - " I do / don't like ____ . "
 - " What I hear you saying is ____ . Is that right? "
- Negotiate. You can't win all the time, but you shouldn't always lose.
- Listen to understand what the other person is saying.



You know your relationship best. Sometimes you can do nothing to improve it.
IF YOU ARE IN DANGER OR FEEL UNSAFE IN YOUR RELATIONSHIP, GET HELP AND GET OUT.