

# HEALTHY RELATIONSHIPS

All relationships fall on a spectrum ranging from healthy to abusive with unhealthy relationships in between.

## Healthy

A healthy relationship means both partners are:

- 7 Respectful
- 7 Communicating
- 7 Trusting
- 7 Honest
- 7 Happy to spend time together and apart
- 7 Equal
- 7 Making mutual choices
- 7 Economic/financial partnership

## Unhealthy

You may be in an unhealthy relationship if one of you are:

- 7 Disrespectful
- 7 Not communicating
- 7 Not trusting
- 7 Dishonest
- 7 Only spending time together
- 7 Struggling for control
- 7 Pressuring into activities
- 7 Unequal economically

## Abusive

An abusive relationship starts when one partner:

- 7 Mistreats the other
- 7 Communicates in a way that is harmful or insulting
- 7 Makes accusations
- 7 Denies that the actions and behaviours are abusive
- 7 Isolates the partner
- 7 Controlling
- 7 Forces activities



HERE FOR YOU

A healthy relationship is one where both partners feel respected, supported and valued. In healthy relationships, both partners contribute to a positive and balanced partnership where they feel happy and fulfilled.

An **abusive relationship** is one where one partner uses power and control to dominate or harm the other.

This can include:

- 7 Physical abuse
- 7 Emotional abuse
- 7 Verbal abuse
- 7 Financial abuse

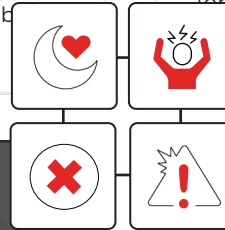


### Honeymoon

Abusers act differently after the violent episodes. Some blame their "anger" on the victim. Some apologize and make promises of getting help or being better. The abuser will try to make up for the violence. This is when the abuser will try and draw the victim back into the relationship.

### Tension Building

The abuser will become on edge and has minor outbursts. There may not be physical violence but emotional abuse, threats and intimidation along with increased fear of violence for the other partner.



### Denial

**Minimizing the abuse** as if it didn't happen, or acting like it won't happen again.

### Incident

This is the actual violence episode. It includes physical, emotional or sexual abuse.

***A criminal offence has usually occurred***

If you or someone you know is in an unhealthy or abusive relationship, Fanshawe College has a number of confidential and non-confidential resources you can contact for help and support.

## RESOURCES

### Fanshawe Services - London Campus

Sexual Violence Prevention Coordinator...**F3020**  
 519-452-4465 | svsupport@fanshawec.ca  
 Campus Security Services.....**D1027**  
 519-452-4430 x 4242  
 Counselling & Accessibility Services.....**F2010**  
 519-452-4282

### Off-campus Services

Regional Sexual Assault and Domestic Violence Treatment Program: St. Joseph's Hospital  
 519-646-6100 x 0  
 ANOVA: 519-642-3000  
 Talk4Healing - Indigenous Support: 1-855-554-4325  
 Reach Out: 1-866-933-2023  
 Assaulted Women's Helpline: 1-866-863-0511