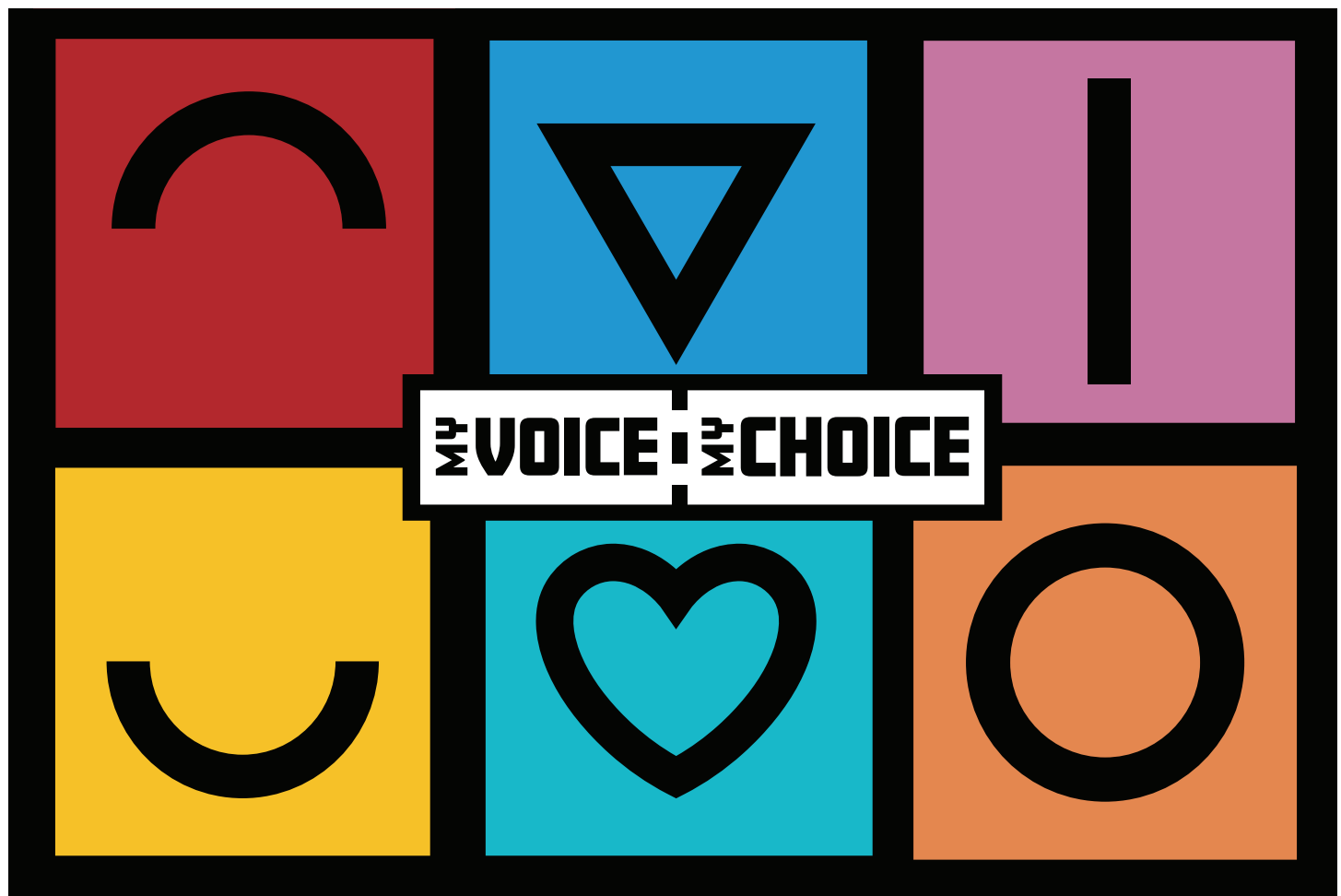


PARTICIPANT'S GUIDE



HEALTHY RELATIONSHIPS



WHAT'S IN IT FOR ME?

THE SUBSCRIPTION BOX

This guide has all kinds of information on relationships. There is also a list of websites at the end of this guide with good information you can look up to help support you. If you have more questions about your relationships or are worried about someone else's, it can help to speak with someone you trust a family member, friend, or counsellor.

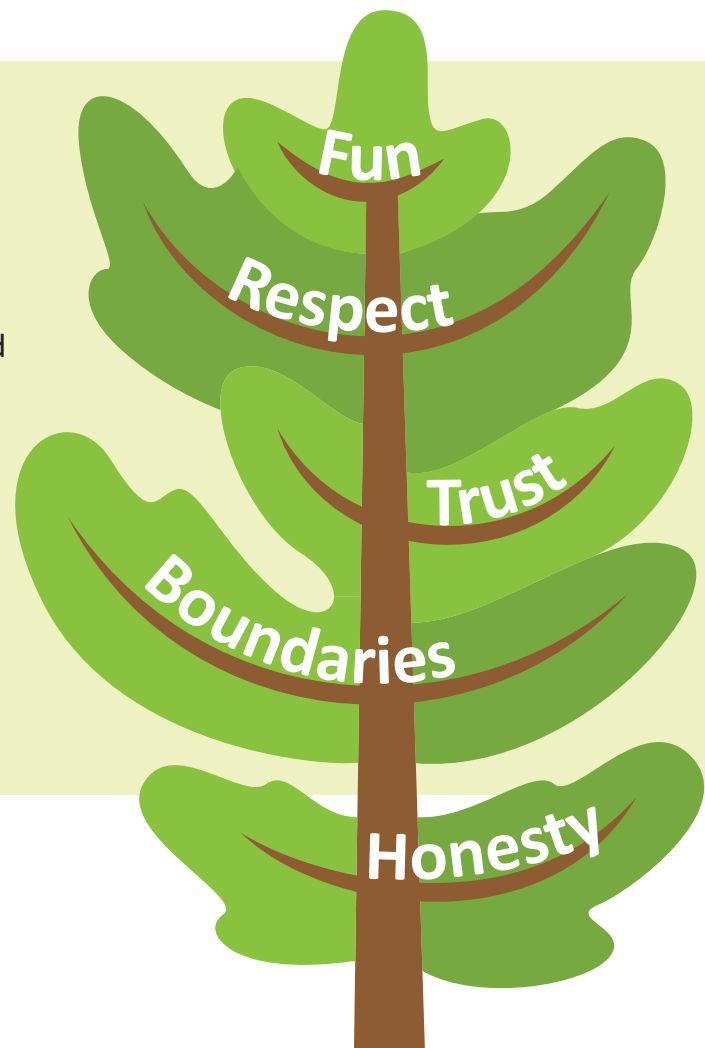


Relationships in Your Life

Think of everyone in your life who you have relationships with. This could include parents, caregivers, your best friend, a classmate, a teacher. Some of your relationships are close, and some...not so much. Each relationship you have is different.

Putting Health into Relationships

We do certain things to keep our bodies and minds healthy such as eating well, exercising, getting a good night's sleep, and going to the doctor. There are also things we do in order to make relationships healthy. Think of a relationship like a tree or a plant. When you take good care of it, it has a better chance of being healthy.





Boundaries

A boundary is a personal limit you set for yourself in order to feel comfortable. Examples of boundaries include telling a friend they need to ask you before borrowing your clothes or telling someone you aren't comfortable discussing something private.

Look at some of these images and think about what your boundaries are.



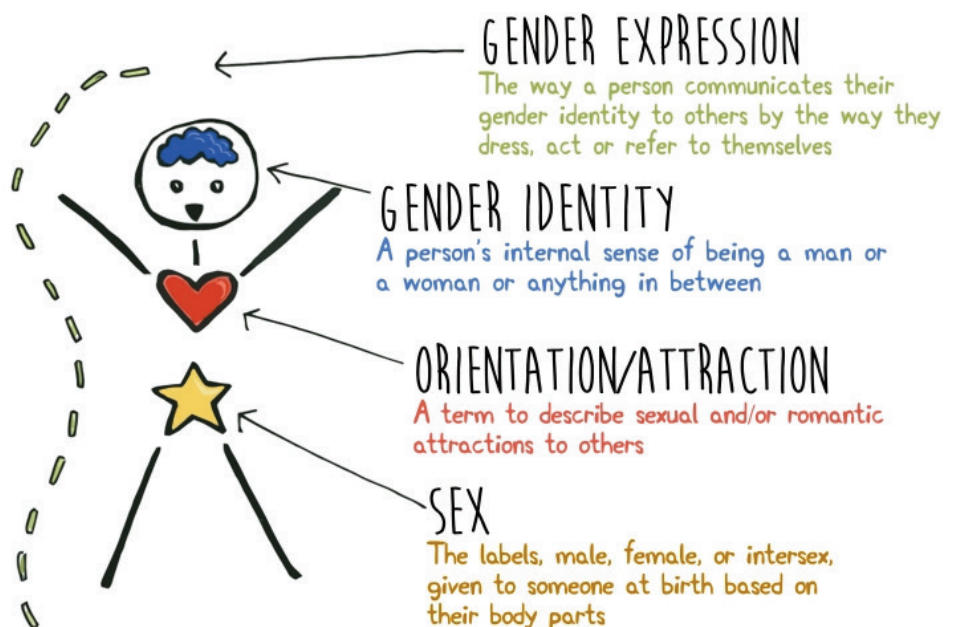
You will have different boundaries for different relationships.

Sometimes it's hard to set a boundary, but it is important to have them to help protect yourself. It's also important to be respectful of other people's boundaries.

Gender Stereotypes

Gender roles are the way people are expected to act based on what body parts they have (referred to as someone's "sex"). Sex and gender are not the same thing, but lots of people don't know that.

Stereotypes are beliefs about groups of people. Examples include, "boys don't cry", "girls should be 'ladylike'" and "people who are gender-diverse are just 'attention seeking'". In relationships, gender stereotypes can cause harm because they can lead to people being treated unfairly.



Graphic source: <https://understandingtheguidelines.ca/>

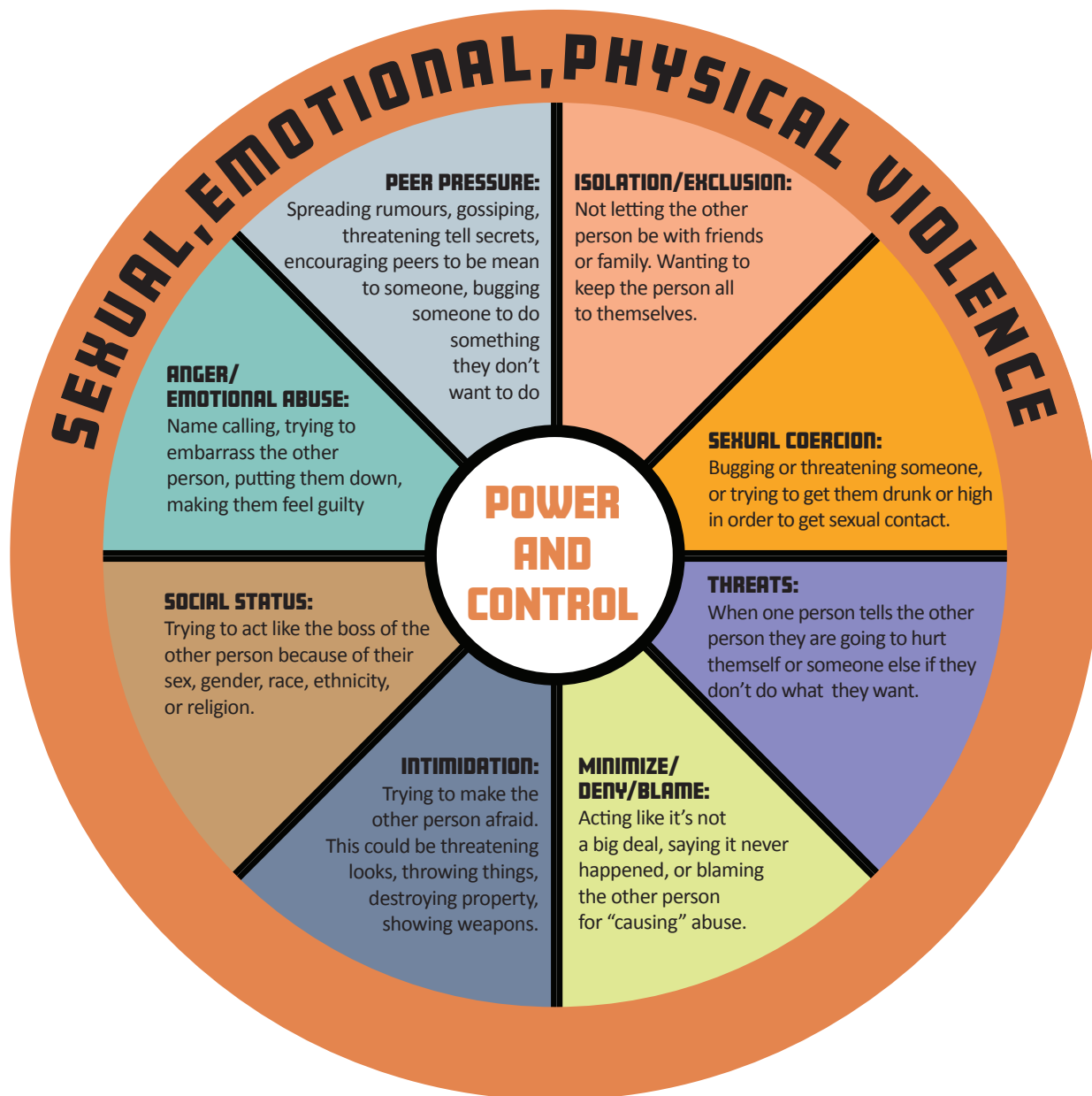


Consent, Power Dynamics, and the Continuum of Violence

Want to know more about consent? Check out the interactive consent game to learn more! teentalk.ca/consentgame

Healthy relationships do not include trying to have power and control over someone. Trying to have power and control over someone in relationships can hurt everyone involved. Take a look at the Power and Control Wheel to learn more about what this can look like. If anything on this wheel sounds like something you or someone else may be going through, there are resources to help.

Consent is an agreement to respect boundaries.



Check out the resource section of this guide for more information.



Dealing with Feelings

Conflict is a part of life and it can help to deal with it by knowing what “sets us off” and and we can deal with it better if we know what “sets us off”.

Guess what? It’s totally okay to feel upset when we are hurt by others. This is part of being human! Don’t forget that there are positive ways you can deal with these feelings. Consider talking to someone you trust and participating in activities that are healthy and positive. It’s also okay to give yourself space from the person or group you are having conflicts with if that’s possible. Its okay to give yourself some space and take care of yourself when dealing with conflict.

WHAT SETS YOU OFF?

- Feeling disrespected
- Not being appreciated
- Being treated unfairly
- Not being included
- Being made fun of
- Feeling judged
- Getting talked about behind my back
- Getting told what to do
- Rules I don’t agree with
- If someone tries to take advantage of me
- My things being taken without permission
- Being controlled
- Being threatened
- Offensive comments or jokes
- Being ignored

Conflict, Communication, and You

In order to deal with conflict, there has to be communication. There are different ways of communicating when we have to deal with tough situations.

Taking a look at all of these communication styles, be honest with yourself and think about how you handle difficult situations. Do you think some ways of communicating make things better or worse?

Passive Communication

Giving in to others and keeping your mouth shut.



Aggressive Communication:

Physical or verbal threats to get your point across.



Passive Aggressive Communication

Making sure others know you are upset, but not actually dealing with it directly.



Assertive Communication

Dealing with the issue directly through respectful communication.





Extra Resources for You

For more information on healthy relationships and options for support, check out some of these websites by searching for them online.

LOCAL RESOURCES:

COMMUNITY COUNSELLING PROGRAM

Find your regional Community Counsellor contact information at the website below:

<https://www.hss.gov.nt.ca/en/contact/community-counsellor>

ARCTIC FOXY

<https://arcticfoxy.com/>

YWCA NORTHWEST TERRITORIES

<https://www.ywcanwt.ca/>

24 Hour Crisis Line: 1 (866) 223-7775

Email: giving@ywcanwt.ca

CANADIAN WOMEN'S FOUNDATION

<https://canadianwomen.org/>

Call: 1-866-293-4483

Email: info@canadianwomen.org

HOME BASE YELLOWKNIFE

<https://www.homebaseyk.com/>

Call: 1 (867) 766-4673

NWT HELPLINE

<https://www.hss.gov.nt.ca/en/services/nwt-help-line>

1-800-661-0844

CENTRE FOR NORTHERN FAMILIES

<https://daycares.ykws.ca/welcome-centre-northern-families>

WOMEN AND GENDER EQUITY CANADA

<https://women-gender-equality.canada.ca/en.html>

KIDS HELP PHONE

<https://kidshelpphone.ca/>

Call: 1-800-668-6868

Text: 686868

Live chat counselling:

<https://kidshelpphone.ca/live-chat-counselling>

RAINBOW COALITION OF YELLOWKNIFE

<http://www.rainbowcoalitionyk.org/>

Call: 1-867-444-7295

Email: info@rainbowcoalitionyk.org



Extra Resources for You (continued)

AMAZE

Information on sex, sexuality, your body, and relationships.

<https://amaze.org/>

BREATHINGROOM™

This is a multimedia experience designed for youth to help improve mental health. The app can be downloaded from Google Play or the App Store. Enter the code XXQTGPUE for full access.

<https://app.breathingroom.me/register?code=XXQTGPUE>

KIDS DEFINE THE LINE

A resource for youth on sexual violence, gender-based violence, and cyberbullying.

<http://kidsdefinetheline.ca>

LOVE IS RESPECT

Education on healthy relationships, personal safety, and supporting others. This site is inclusive to all kind of relationships.

<https://www.loveisrespect.org/>

7 CUPS

On demand emotional health support and online therapy services.

<https://www.7cups.com/>

STOPTHEHURT

StopTheHurt is an inclusive website designed to support people in having positive relationships in their lives.

<https://stopthehurt.org/>

THAT'S NOT COOL

This site is for youth to learn more about online relationship dynamics between young people. The site has information, videos, and interactive games about topics related to healthy boundaries and online safety.

<https://thatsnotcool.com/>

TEEN TALK

This is a Manitoba-based site with information and activities on many topics including healthy relationships.

<http://teentalk.ca/>

THE TREVOR PROJECT

The Trevor Project has lots of resources for youth who are sex and gender diverse and those in their support network.

<https://www.thetrevorproject.org/>

WELLNESS TOGETHER CANADA (GOVERNMENT OF CANADA)

This website has lots of free resources to support mental wellness. Users can get personal recommendations based on their needs and track their progress.

<https://wellnesstogether.ca/en-CA>



Government of | Gouvernement des
Northwest Territories
Territoires du Nord-Ouest

