

Criticism

- Partner attempts to change you
- Partner criticizes what you say, think, do or feel
- Partner puts down your friends
- Partner puts you down by saying you are lazy, fat, stupid, ugly, useless, etc.
- Partner tries to make you feel inadequate and tries to diminish your self-esteem



Personal Characteristics of an Abuser

- Low self-esteem, even though it does not always appear that way
- Often withdrawn and will not talk about their feelings or problems
- Gets angry or violent; alcohol and/or drugs make the anger or violence worse
- Has strict ideas about the things that women and men can do
- Gets angry over little things

About Avalon Sexual Assault Centre Who We Are

Avalon Centre is the only sexual assault centre in the Halifax Regional Municipality. We are a registered, not-for-profit, community based, charitable organization. The agency was established in 1983 and incorporated in 1984. We are a women-centred organization and provide a leadership role in ending all forms of sexual violence against women and children. We are committed to providing support programs, counseling, education, and advocacy for women affected by sexual violence. Our vision is to eliminate sexual violence, social injustice and other forms of oppression.

We gratefully acknowledge the core funding support provided by the Province of Nova Scotia, Department of Community Services; Capital Health; and the Law Foundation of Nova Scotia.

All donations from the public are gratefully accepted. Tax receipts will be issued upon request. We are an Associated Member of the Metro United Way's Donor Option program.

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1526 Dresden Row, 4th Floor
Halifax, Nova Scotia B3J 3K3
Business Line: (902)422-4240
After Hours Response Line: (902)425-0122
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Characteristics of Healthy and Unhealthy Relationships

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Healthy and Unhealthy Relationships

Characteristics of a Healthy Relationship

Mutual Respect

- Respecting each other's decisions and choices
- Accepting the other person for what and who they are

Mutual Trust

- Relationship is absent of lies, manipulation and secrets
- Jealousy does not get out of control
- Room for other friendships
- Building trust takes time
- Trust will grow

Mutual Support

- Comfort and empathy for one another
- Listening to each other
- Accepting the fact that no one is perfect
- Annoyances are worked through and not allowed to escalate

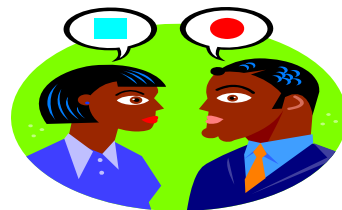
- Self-esteem is fostered with one another
- You are there for one another in good times and bad times

Relaxed and Easy Going

- You both have the ability to see the humorous side of life
- You are not afraid to say what is on your mind
- You can be yourself

Fair Fighting

- Arguments and disagreements are normal in all relationships
- No physical manifestations of power
- Stay in the "here and now" - do not drag up the past
- No name calling - it only makes things worse
- Talk about how you feel - use "I" statements



Mutually Enjoyable Sex

- Mutually agreed upon in a supportive manner
- Mutually agreed upon as to where and when
- Able to discuss any problems/concerns
- Consent once does not mean consent every time

Characteristics of an Unhealthy Relationships

Isolation and Control

- Partner will not let you talk to other women/men
- Partner does not like your friends, or does not like it when you spend time with them
- Partner uses lies, manipulation and secrets to control you
- Partner uses silence, ignores you, withholds affection/attention to control you



Harassment

- Partner likes to scare you by doing crazy things
- Partner tells people things you said or did so you will feel stupid
- Partner looks through your personal stuff
- Partner threatens to hurt you, you family, your pet, etc.
- Partner flirts with other people so you will feel scared or upset
- Partner hits, slaps, punches, shoves or is physically rough with you, no matter that they say they are sorry after doing it
- Partner forces you to participate in sexual acts by using coercion, physical force or threats