

# HEALTHY RELATIONSHIPS 101 - PART 2

In part two of this workbook, we are going to look at understanding and communicating boundaries. We'll take a look at some relationships scenarios and unpack whether they are healthy or unhealthy. You'll be able to reflect on common relationship challenges and build confidence to tackle them in your own words. In this workbook, we talk openly about abuse and understand that this can be difficult and frightening. There are resources on page 27 and 28 for anyone needing additional support. You can also reach out to us at [manager@yukonyouth.com](mailto:manager@yukonyouth.com) or 667-7975 for support with this section. **This workbook is best for youth 13 and up.**

"THE MOST IMPORTANT THING IN  
COMMUNICATION IS TO HEAR  
WHAT ISN'T BEING SAID."

"Lots of people want  
to ride with you in  
the limo, but what  
you want is someone  
who will take the bus  
with you when the  
limo breaks down."—  
Oprah Winfrey

# Review: Healthy vs. Unhealthy

In part one, we asked you to brainstorm who was in your circle, who was outside your circle and why! Below, we'll review qualities of a healthy and unhealthy relationship.

## Healthy

Supportive and encouraging  
Interested in your hobbies  
Helpful  
Gives you space to do the things you enjoy  
You understand each others boundaries  
We take responsibility for our actions and feelings  
You are open and honest with each other  
You are able to have two-way communication  
There is respect and trust  
Kind and caring

## Unhealthy

Lack of respect for boundaries and consent  
Jealousy  
Talking down to or insulting each other  
Possessive or not giving each other space to do things on your own  
Gossiping  
Poor communication  
Controlling  
Too dependent  
Intimidating  
Uses the silent treatment  
Abusive

# New Definitions: Types of Abuse

It's important to talk about abuse when we are thinking about healthy and unhealthy relationships.

Sometimes abuse in a relationship can be hard to identify. We encourage you to trust your instincts and feelings when it comes to your relationship. Learning about the different types of abuse and some signs can also help.

**Emotional Abuse:** when a person uses words or actions to control, frighten, or isolate someone or take away their self-respect. Examples include: guilt-tripping, controlling, threatening, silent treatment, isolating someone from their friends and other supports.

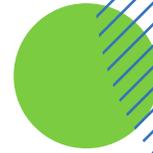
**Physical Abuse:** causing or threatening to cause bodily harm. Examples include: throwing objects, punching walls, threats, blocking doorways, restraining, hitting, pushing, pinching.

**Sexual Abuse:** any unwanted sexual attention or contact. Examples include: getting someone drunk to have sex with them, unwanted sexting, spreading rumors, forcing an intimate activity, calling someone a slut.

**Spiritual Abuse:** discouraging someone from practicing or making fun of someone's spiritual beliefs, forcing someone to practice certain spiritual beliefs

**Financial Abuse:** stealing, blackmailing, not allowing a partner to have a job or go to school, bribery, forcing them to go to work.

# Activity 1: Boundaries

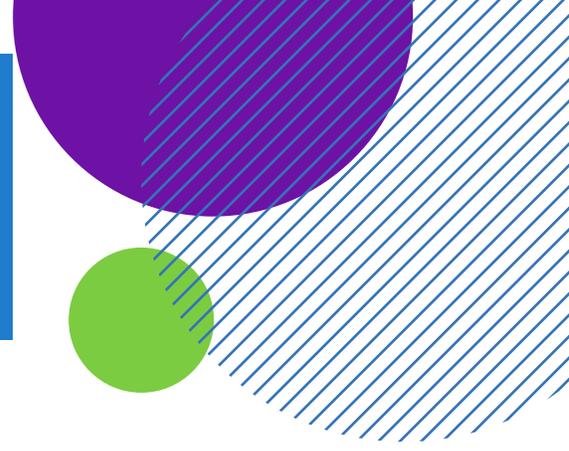


Having boundaries is an important part of creating healthy relationships and helping us recognize early warning signs of abuse. Having boundaries means having:

- a sense of your own non-verbal communication
- a sense of where you begin and where someone else begins
- an awareness of your rights and responsibilities
- an understanding of yourself - so you can set your own limits
- an awareness of your limits: what makes you comfortable and uncomfortable
- an awareness of your mental, emotional, spiritual, emotional, physical and financial capabilities

Complete the worksheet on the following page by reading through the statements and circling whether you agree or disagree with the statements. If you are filling out this workbook with someone you trust like a friend, guardian or family member - ask them to fill out the worksheet as well.

# Activity 1: Boundaries



1.If I'm in a romantic relationship with someone, I want to hold their hands and walk with our arms around each other to show people we're together.

**Describes Me Completely**    **Describes Me Somewhat**    **Doesn't Describe Me**

2. When I see someone I know, I'll greet them physically in some way - a hug, handshake, punch on the arm, etc.

**Describes Me Completely**    **Describes Me Somewhat**    **Doesn't Describe Me**

3. I don't like it when someone hugs me from behind.

**Describes Me Completely**    **Describes Me Somewhat**    **Doesn't Describe Me**

4. My parents can come in my room without knocking.

**Describes Me Completely**    **Describes Me Somewhat**    **Doesn't Describe Me**

5. My best friend should invite me everywhere. They aren't really my best friend if they hang out without me.

**Describes Me Completely**    **Describes Me Somewhat**    **Doesn't Describe Me**

# Activity 1: Boundaries



6. When I'm watching TV with my partner, I want my own space - I don't want to snuggle or lean on each other.

**Describes Me Completely**    **Describes Me Somewhat**    **Doesn't Describe Me**

7. I have a hard time saying no.

**Describes Me Completely**    **Describes Me Somewhat**    **Doesn't Describe Me**

8. My sibling can borrow my things without asking.

**Describes Me Completely**    **Describes Me Somewhat**    **Doesn't Describe Me**

9. It's ok to lend money to someone I love, even if they don't pay me back.

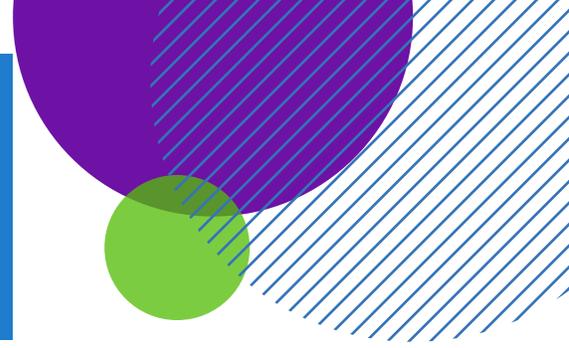
**Describes Me Completely**    **Describes Me Somewhat**    **Doesn't Describe Me**

10. I don't want to talk about my personal life with my co-workers.

**Describes Me Completely**    **Describes Me Somewhat**    **Doesn't Describe Me**

\*Activity adapted from [advocatesforyouth.org](http://advocatesforyouth.org) and their lesson plan on Rights, Respect and Responsibility

# Debrief 1: Boundaries



Once you have filled out the worksheet, think about how others might feel about the same questions. If you filled out this worksheet with someone else, take this time to share your responses with one another. Do you have different ideas about boundaries?

Knowing our own boundaries can help us communicate them and ensure that we are comfortable in our relationships. It's equally important that we recognize other people's boundaries and that they might be different to make sure that they are comfortable as well!

# Activity 2: Saying No!

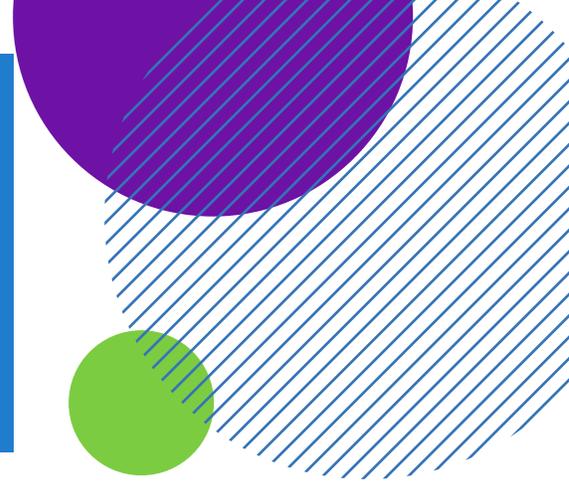
Sometimes the only way to communicate your boundaries is to say no! With the same person you trust from the last activity, practice saying no.

The first person will start by whispering no. The second person will continue by saying no a little louder. The first person will go again, saying no a little louder. Keep going until you are yelling NO and feel comfortable shouting it!



If you need some inspiration, check out this video:  
<https://www.youtube.com/watch?v=umDr0mPuyQc>

# Activity 3: Relationship Score Card



Let's wrap up by looking at some examples! Check out the short video clips on the next page. Consider if these scenes are giving us healthy, unhealthy or abusive examples of relationships.

For example, does it look like there is trust, good communication, respect and support in these clips? Do they share similar values and respect each others boundaries? Use the score card on the next page to rate these videos on a scale Red Light to Green Light.



Red Light = There are signs this relationship is not healthy. This relationship may be abusive.

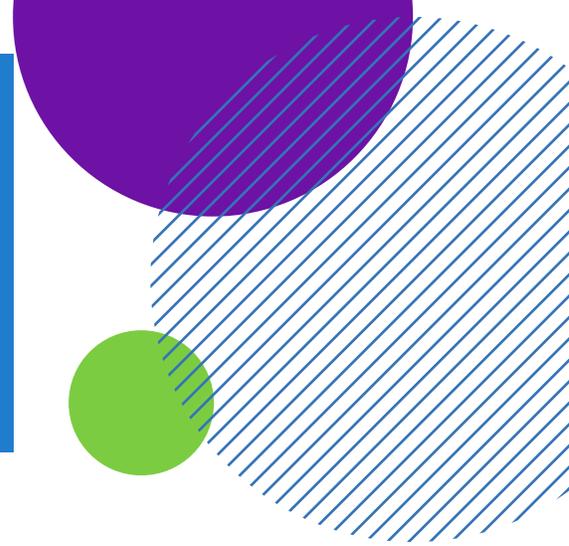


Yellow Light = Something isn't quite right. There are some warning signs, you feel unsure or it's time to slow down.



Green Light = #relationshipgoals. This relationship is healthy and respectful.

# Activity 3: Relationship Score Card



Get your score card on the next page ready. Copy/paste or click on these links to watch and fill out your score card. Please note, some of these relationship examples may be difficult to watch. Trust yourself and do not feel obligated to watch scenes that make you feel upset or uncomfortable.

VIDEO 1: Made by youth through the Public Health Commission of Boston <https://www.youtube.com/watch?v=iPd4UCkIFeo>

VIDEO 2: From the movie Mean Girls  
[https://www.youtube.com/watch?v=sqJ\\_14N9xAg](https://www.youtube.com/watch?v=sqJ_14N9xAg)

VIDEO 3: From an episode of Riverdale  
<https://www.youtube.com/watch?v=-Mx9qtTVJZE>

VIDEO 4: From the movie Love, Simon  
<https://www.youtube.com/watch?v=ImDsxTt6SDE>

VIDEO 5: From This Is US  
<https://www.youtube.com/watch?v=sSFW7nWIALE>

# Activity 3:

## Relationship Score Card

No internet at home? No problem! Get your score card on the next page ready and read through these scenarios. Are these scenarios examples of healthy, complicated or unhealthy relationships? Fill out your score card and discuss why!

**SCENARIO 1:** Your partner and you love each other but you never have enough time for one another. You start to feel like you can't trust each other and can't communicate your feelings easily. But they are still your best friend! In the end, you both choose to end the relationship but remain respectful towards each other.

**SCENARIO 2:** You and your friends are gossiping and saying mean things behind each others backs. Your one friend calls you a slut.

**SCENARIO 3:** Your partner doesn't really understand you. They throw you a birthday party but you don't feel like they really know or care what you want for your birthday. You are too different and you start to feel like you are one of "their projects."

**SCENARIO 4:** Your mom notices you have been acting different and is worried about you. She wants to ask you about it but doesn't want to pry. Eventually, you come out as queer to your mom and she is relieved. She reminds you that you are still you! She tells you, you deserve everything you want and to relax and be your true self.

**SCENARIO 5:** You and your partner work at the record store together but he quits over a disagreement with the boss. Later, while you are driving he tell you you should quit too. You need the money and like the job. Your partner starts to get upset that you won't quit. He starts driving really fast and you are scared.

# RATE THESE RELATIONSHIP VIDEOS!

VIDEO/SCENARIO 1



VIDEO/SCENARIO 2



VIDEO/SCENARIO 3



VIDEO/SCENARIO 4

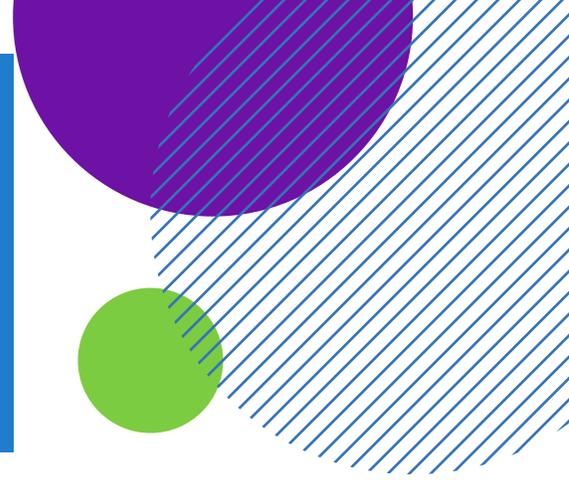


VIDEO/SCENARIO 5



DISCUSSION QUESTION: WHAT WENT WELL OR DIDN'T GO WELL IN THESE SCENARIOS?

# Debrief 3: Relationship Score Card



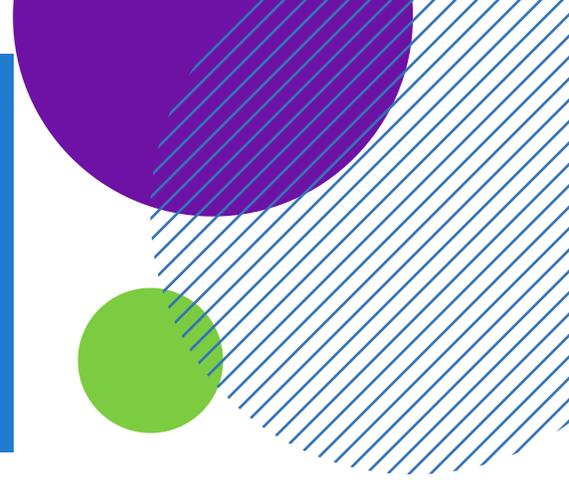
What worked and didn't work in these scenarios? How could people have responded differently in each?

**SCENARIO 1:** Sometimes people in relationships struggle to make time for each other and to communicate. Someone might even get jealous like in this scenario. A healthy way of dealing with jealousy is recognizing that it is a normal emotion and communicating why you might be feeling jealous with your partner. Ultimately, you may choose to end a relationship with someone you love but you can still have respect for one another. We give this scenario a green light!

**SCENARIO 2:** Gossiping, talking behind each others backs and tricking friends in to saying mean things about one another are signs of unhealthy relationships. Using derogatory remarks such as "slut" can increase someone's chances of being sexually assaulted and make it harder for them to get help. The friends in this scene have a lot of stuff to work through but they could start by having more respect and not using negative language to describe one another. Ultimately, they may have to decide that this relationship is not worth having. This gets a red light from us!

**SCENARIO 3:** Sometimes you and your partner may be very different. If you take the time to communicate, listen to one another and try to understand each other better your relationship could be solid! Differences don't mean people can't be in healthy relationships. We give this a yellow light and hope Betty and Jughead can find some common ground!

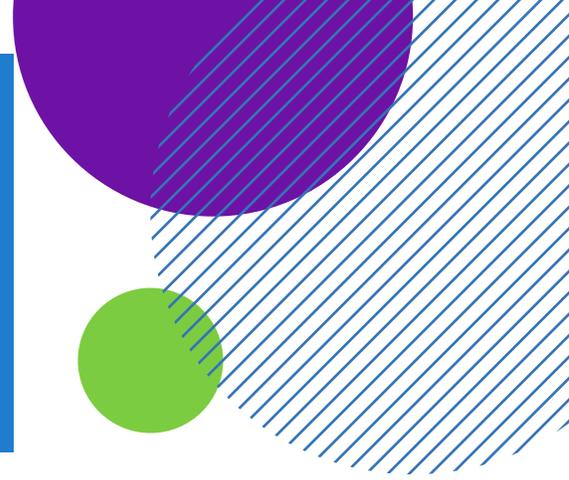
# Debrief 3: Relationship Score Card



SCENARIO 4: Listening, respecting someone's privacy and being there for them when they've shared something intimate are all signs of a healthy relationship. Way to go Mom, we give this a green light!

SCENARIO 5: There are many signs of abuse in this scenario. If your partner is making you feel bad about your job or threatening you if you don't quit, this is a sign of financial abuse. Additionally, it's not ok for a partner to use intimidation, even if they are angry at a disagreement. We can get angry without scaring our partner. If a partner's anger feels scary, like in this scene when Marc starts driving fast and yelling, this is abuse. Marc needs to find a way to deal with his anger that doesn't scare Kate. One way Marc could have handled this scenario differently is to communicate that he's angry with his former boss but he supports Kate's wishes to keep working. Marc could choose to take a break from this conversation because it is making him so angry. Ultimately, Marc needs to find a way to express his anger that doesn't scare and humiliate Kate. We give this abusive relationship a red light.

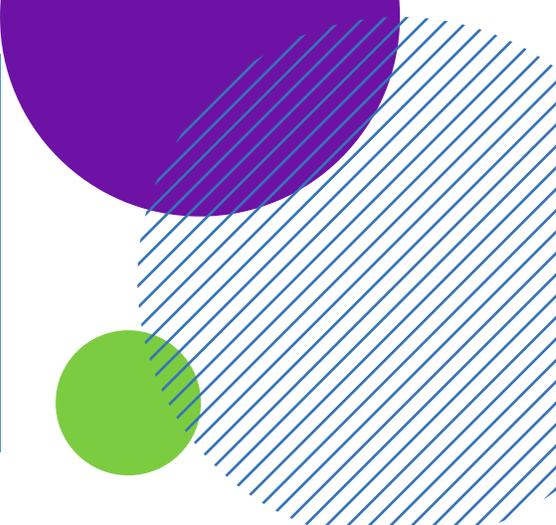
# Conclusion: Self-Care and Resources



No matter what type of relationship you are in, it's important to make time to care for yourself. Taking a timeout from others can be a good way to re-evaluate your relationships, cool down from a tense situation or to remind yourself that your relationship with yourself is important too. Try these self-care activities next time you need a break! Have a good self-care activity you want to share? Add it to the list and send it to us on Instagram @byteyukon or e-mail us at [manager@yukonyouth.com](mailto:manager@yukonyouth.com)

1. TAKE A WALK OUTSIDE
2. BLAST YOUR FAVOURITE SONG
3. GO FOR A DRIVE
4. YELL OR CRY
5. COLOUR OR PRACTICE YOUR ART
6. TAKE A DEEP BREATH
7. EAT YOUR FAVOURITE FOOD
8. TAKE A BATH
9. HANGOUT WITH NEW FRIENDS
10. SPEND TIME WITH FAMILY
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_

# Counselling and Support Resources



If you or someone you know is in an unhealthy relationship, you know it might not always be safe to yell NO, clearly express your boundaries or walk away. Here is a list of resources you can reach out to for help:

**Kids Help Phone Line:** 24/7 Crisis Line. Call 1-800-686-6868 or text 686868 to speak to someone

**Yukon Canadian Mental Health Association:** drop-in counselling by phone or video. Call (867)668-6429 to schedule an appointment

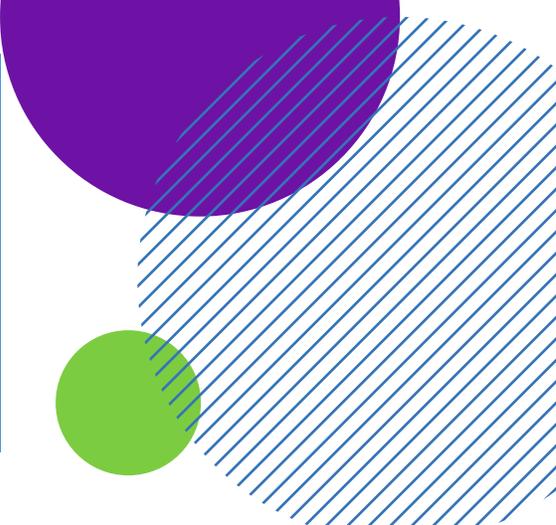
**Residential Schools Resolution Health Support and Crisis Line:** support for residential school survivors and their families. Call 1-866-925-4419 or for their Northern specific line call 1-866-509-1769

**Sexualized Assault Response Team:** talk to a trained professional about your options by calling 1-844-967-7275

**Youth Emergency Shelter:** safe bed and support services for youth aged 17-23. Call (867)633-7699 after 4pm

**Women's Transition Home Crisis Line:** Call (867)668-5733

# Counselling and Support Resources



**Mental Wellness and Substance Use Services:** Offers rapid access counselling services with daily slots available. No previous connection with MWSU necessary. Phone to schedule an appointment.

**Whitehorse:** Call 867-456-3838

**Watson Lake:** Call 867-536-3222

**Teslin:** Call 867-332-4088

**Dawson City, Mayo, and Old Crow:** 867-993-4300

**Carmacks, Pelly Crossing, Ross River and Faro:** 867-332-5468

**Haines Junction, Destruction Bay, Burwash Landing and Beaver Creek:** 867-334-5688

**Carcross:** 867-332-3157

**Phone toll-free in the communities:** 1-866-456-3838

**24/7 Youth Line** - Youth Treatment workers available for talk and text at 867-689-1797