

**A safe and fair
relationship...
what does it mean,
exactly?**

**The Hommes & Gars
and Accalmie workers can
help you see things more clearly**



Here are some aspects of a safe and fair relationship....



Equality
Consent
Mutual respect
Confidence
Freedom to be yourself
Support
Trust
Good communication
Sincerity

...and here are some key elements on how to communicate well with someone else.



Calming yourself down and making space for a free and peaceful discussion



Listening to yourself and to the other



Expressing yourself and letting others do the same

These elements are important in both love and friendship!



When conflict arises in a healthy relationship, partners try to diffuse the situation and they are able to calm down, listen and express themselves.

When conflict arises in an unhealthy relationship, partners try to win at all costs, and demean or control each other.



Violence in a relationship can take many forms; it appears in all the behaviors that affect negatively the partners' wellbeing.

Love and violence never go together!



What does a **healthy and fair relationship** look like exactly?

Healthy relationships help people feel safe, respected and accepted the way they are.

Unhealthy relationships make people anxious, confused, uncertain and even unsafe.



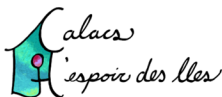
Knowing the differences between the two can help you make better choices in who you decide to date and how long your relationships should last.



If you're wondering whether your own **relationship** is healthy or not, local and outside resources can help you see things more clearly.



**Hommes
& Gars**
RESSOURCE D'AIDE ET SOUTIEN



Jeunesse, J'écoute 

TEL-JEUNES



Les maisons des jeunes,
reliable people in your environment, school
personnel and community organizations are
there to support and
inform you at all times.





Equality among partners
is each of us, in our own right !