

Scenario #1

Michael walked to the corner store with his sister and her friend after dinner one night to get ice cream. When he returned home a half hour later, he saw that he had several missed calls and a few text messages, including one that said, "Are you cheating on me?" from his girlfriend Cindy.

Healthy or Unhealthy

Scenario #2

Last night, Katherine and her boyfriend Adam got into a fight. Today, she got her mark back for last week's math test, and she didn't do well. After a bad day, she normally talks to Adam, but she hesitates to call him, wondering if he will even answer. She decides to call Adam; he's happy to hear from her, and they chat about why they were upset the night before.

Healthy or Unhealthy

Scenario #3

Stacey doesn't really like her boyfriend Terry anymore, but she doesn't want to break up with him because his parents have a lot of money and he often buys her nice things. She's even invited to go to Florida with his family over spring break.

Healthy or Unhealthy

Scenario #4

Keith gets really mad when his girlfriend, Carrie, talks to her friends about their relationship. He wants her to keep everything they say private because it's no one else's business.

Healthy or Unhealthy

Scenario #5

Sean and Justin always go to the movies on Tuesday nights, however, this week Justin told Sean he could not make it late Tuesday afternoon. Although Sean was initially upset because he was looking forward to their night out, he took advantage of his free night to hang out with his sister.

Healthy or Unhealthy

Scenario #6

Jessica is always asking John to come to her events (soccer games, family barbecues, study sessions, parties, etc.). While John attempts to go as often as he can, sometimes he is too busy. When he does miss one of Jessica's events, she ignores him for a couple of days.

Healthy or Unhealthy

Scenario #7

Caitlin and Monica are walking through the hall at school and they see Allie and Jeff arguing (yet again). Caitlin whispers to Monica, "Oh, looks like Jeff is in trouble." She answers by saying, "I doubt it; they fight over everything. I'm sure it's nothing. They will be arguing about something else an hour from now."

Healthy or Unhealthy

Scenario #8

Keith seems to be very different since he has started dating Mary. He seems withdrawn and hasn't showed up to swim practice for the last couple of weeks. His best friend notices a big bruise and scratch marks on his arms. He nervously laughs and responds that he just banged on the door frame at his grandparent's house.

Healthy or Unhealthy

Type of Violence	Definition	Examples	Signs of Abuse
	Emotional abuse is when one partner uses words or actions to control, frighten or isolate another or take away their self-respect. Emotional abuse is sometimes called psychological abuse.	Put-downs, intimidation, bullying, controlling what a person wears or who they see, threats, isolation, ignoring, rejection, etc. (Department of Justice)	<ul style="list-style-type: none"> • <i>Low self-esteem</i> • <i>Has a lot of anxiety</i> • <i>Avoids eye contact</i> • <i>Dramatic changes in appearance or grades</i> • <i>Keeps their opinions to themselves, especially when they are around their partner</i>
•	Emotional neglect is when an individual is not provided with the basic emotional or psychological needs for his/her well-being.	Lack of acknowledgement, love, safety and self-worth.	<ul style="list-style-type: none"> • <i>Doing things out of character for acknowledgement</i> • <i>Dramatic changes in appearance or grades</i> • <i>Low self-esteem</i> • <i>Has difficulty trusting people</i>
•	Physical abuse is any non-accidental act that results in trauma or physical injury without consent. It also constitutes assault.	Kicking, hitting, pushing, shaking, burning, etc. (RCMP)	<ul style="list-style-type: none"> • <i>Unexplainable bruises/ odd explanations for bruises</i> • <i>Makes excuses for his / her partner's behaviour</i> • <i>Wears long sleeve shirts and pants, despite warm weather</i>
•	Sexual abuse is when one person forces another to engage in a sexual activity or sexual touching. It is abuse when there is one person in a dating relationship who does not consent, or is too young to consent.	Inappropriate or unwanted touching, sexual assault, forcing someone to engage in sexual intercourse, forcing someone to watch sexual acts, movies or read pornographic material. (Kids Help Phone)	<ul style="list-style-type: none"> • <i>Seems agitated when people get physically close to them</i> • <i>Avoids touching other people (even if it is just being forced to sit close to someone)</i>
•	Harassment is when someone does something repeatedly over time that causes the victim to fear for their safety. No physical injury needs to occur for something to be considered harassment. Harassment can be sexual and/or non sexual.	Stalking, making unwanted sexual comments or sexual suggestions, persistent phone calls, sending many unwanted text messages or text messages with unwanted content, etc. (Kids Help Phone)	<ul style="list-style-type: none"> • <i>Receives multiple phone calls or text messages from his or her boyfriend or girlfriend, sometimes with very aggressive messages</i> • <i>Seems to always have to tell their partner where they are</i>