



HALDIMAND-NORFOLK HEALTH UNIT

Sexual CONNECTION



Relationships are SHARED

What is a Healthy Relationship?

In its simplest terms, a healthy relationship is one that makes a person feel good about themselves and their partner. Developing healthy relationships during the teen years will set the stage for developing love and secure relationships as the teen grows and matures. In short, a teen's first few relationships will mold them into the person they will become.

There are a lot of things that go into a healthy relationship.

The first is communication. While in a relationship, listening skills are vital. Good communication is key to a healthy relationship. If something is bothering someone, it should be discussed. By not talking about it, feelings may be misunderstood.

Trust and honesty are also important. If there is good communication in your relationship, trust and honesty of the other person will also develop. There's no way to have a healthy relationship if you can't trust the other person.

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Mutual respect is also needed in a relationship. Respect in a relationship means that each person values who the other is, understands and would never challenge the other person's boundaries.

There is an easy way to remember the qualities of a healthy relationship. The acronym **SHARE** will help to remember the five qualities needed in a relationship.

Safety

In a healthy relationship, you should feel safe. You should be able to change your mind or try new things without worrying about your partner's reaction.

Honesty

Nothing is hidden from your partner. You can admit being wrong and resolve disagreements by talking honestly.

Acceptance

You and your partner accept each other as you are. Don't try to "fix" your partner. If you don't like something about your partner, you should question why you are with him/her in the first place.

Respect

You should think highly of the other person. This doesn't mean you have to tolerate everything your partner does or doesn't do, setting limits is a sign of self respect.

Enjoyment

A healthy relationship should also be enjoyable. In a healthy relationship you should feel energized and alive when you are with your partner.

When a teen is in a healthy relationship, it's great to have these attributes. Sometimes though these aren't present and may lead to an unhealthy or abusive relationship. Signs of an unhealthy relationship may include control, fear and lack of respect. Unhealthy or abusive relation-

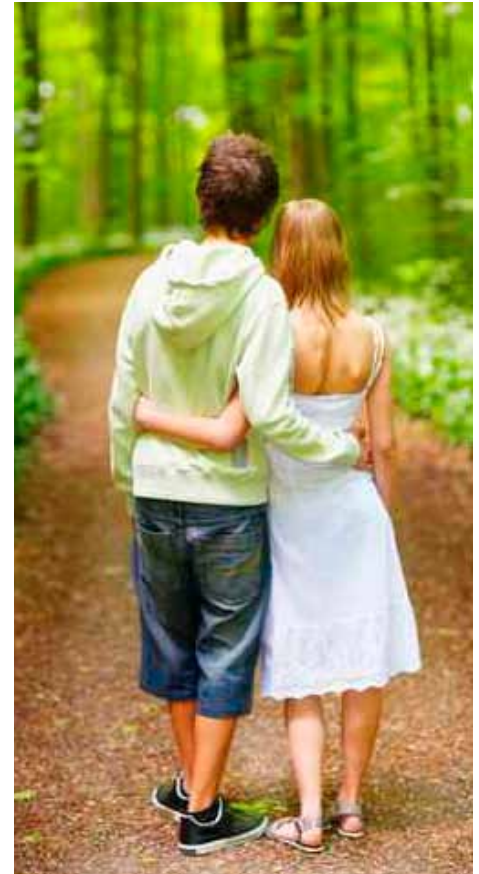
ships may also include physical, emotional or verbal abuse.

If a teen suspects he or she may be in an unhealthy relationship, chances are he or she is. If this happens, he or she should seek help from a parent, teacher, guidance counsellor or school nurse.

The teen years are all about learning new things and having fun. You want to have fun with someone you care about. So, be honest with yourself and each other, and you'll be on your way to a healthy teen relationship.

References:

- www.dating.lovetoknow.com
- www.kidshealth.org
- www.sexualityandu.ca
- www.syl.com
- www.ppwr.on.ca
- www.chooserespect.org



Healthy vs. Unhealthy Relationships	
In a healthy relationship...	In an unhealthy relationship...
Power is shared	Power is unequal
Communication is in both directions	Communication is in one direction
You listen to each other	Listening is one direction
There is respect	Respect may be absent
There is trust	Trust is absent
Both people are assertive and permitted to his/her opinion	One person is aggressive and dictates opinion
Both people have positive self-esteem	There is low self-esteem in one or both people
There is communication of feelings and needs openly	There is an inability to communicate feelings and needs without fear
There is negotiation	One person has control over the other

Dating Rights & Responsibilities

Dating Rights

I have the right:

- To be treated with respect always.
- To be in a healthy relationship.
- To not be abused-physically, sexually or emotionally.
- To keep my body, feelings, beliefs and property to myself.
- To have friends and activities apart from my partner.
- To set limits and values.
- To say no.
- To feel safe in the relationship.
- To be treated as an equal.
- To feel comfortable being myself.
- To leave a relationship.

Dating Responsibilities

I have the responsibility:

- To determine my limits and values.
- To respect my boyfriend's or girlfriend's limits, values, feelings and beliefs.
- To refuse to abuse – physically, sexually or emotionally.
- To be considerate.
- To communicate clearly and honestly.
- To give my partner space to be his/her own person.
- To not expect power or control in the relationship.
- To compromise when needed.
- To admit to being wrong when appropriate.
- To ask for help from friends, family and trusted adults.

Clinical services offered to students

Public Health Nurses from the Sexual Health Program are in the following schools providing clinical services to students. These services include:

- Birth control methods/counselling
- Emergency contraception
- Relationship counselling
- Pregnancy testing/counselling
- STI/HIV testing and treatment for STIs chlamydia and gonorrhoea.

We are also available for classroom presentations and can provide resource materials when needed. While in the school, free condoms are also available.

Public Health Nurses in your School

The following Public Health Nurses are in your school once a week:

Marilyn Antkiw	Valley Heights Secondary School
Sabine Murphy	Delhi Secondary School Waterford District Secondary School
Angie Swick	Simcoe Composite School Holy Trinity Secondary School
Lynda Burville	Port Dover Composite School
Mona Aaltonen	Dunnville Secondary School
Judith Hayman	McKinnon Park Secondary School
Angie Campbell	Cayuga Secondary School Hagersville Secondary School

Please visit our website for more information at www.hnhu.org.

Clinic Schedule

Haldimand	
Cayuga Secondary School	1st and 3rd Wednesday of the month
Dunnville Secondary School	2nd Wednesday of the month
Hagersville Secondary School	3rd Thursday of the month
Norfolk	
Port Dover Composite School	2nd Thursday of the month
Valley Heights Secondary School	Last Thursday of the month
Delhi Community Health Centre	1st Wednesday of the month.

All of the above listed clinics require an appointment. Please call:

- Terri Hartwick RN, BScN
Caledonia
905-318-5367 Ext. 346
- Margot Fournier RN, BScN
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