



# Healthy Relationship Checklist

1. Is it safe for me to say 'no'?
2. Does this person treat me with kindness and respect?
3. Does this person show an interest and concern in my life and things that matter to me?
4. Do both people in this relationship take responsibility for their feelings and actions?
5. Can I safely express a different thought or opinion other than what this person thinks or feels without feeling fear, judgement, or shame?
6. Does this person allow me to be sad, angry, happy, or whatever I am feeling without trying to suppress or change me?
7. Can this relationship meet both our needs without me always giving in to what the other person wants or needs?
8. Is it safe to be angry at this person without fear of what will happen?
9. Are differences and decisions in the relationship negotiated fairly and cooperatively?
10. Is it okay to make mistakes?
11. Is this person honest with me?
12. Does this person keep appointments? Promises? Confidences?

**If you want to talk with someone who will listen about healthy relationships or you are worried about a friend, please call SACHA's 24 Hour Support Line - 905.525.4162.**



# What Happens When You Call the Line? continued

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## What to talk about?

- You can talk about anything to do with sexual assault, sexual abuse, sexual harassment...
- You can talk about how sexual violence has impacted your life.
- You can talk about the ways that you cope with your experience of sexual assault or brainstorm new coping strategies with the volunteer.
- You can talk about consent, boundaries, myths and lies that we're taught about sexual assault.
- You can talk about how to help a friend or family member who has been assaulted.
- You can talk about resources in our community for survivors.
- If you have been sexually assaulted, abused or harassed, you choose how much of your story you want to tell – none at all, just one part or more.
- You can talk about reporting to the police or going to the hospital if you want to.
- You can call if you have an icky feeling that something might have happened.
- You can talk about something that just happened or something from the past – even as far as childhood.
- You can talk about something you heard or read that upset you.
- You can talk about other forms of violence you've experienced and how it relates to sexual violence – racism, homophobia, ageism, ableism, domestic violence, poverty and many other forms of violence.
- You can express your feelings – talk, laugh, cry, rage.
- You can be silent together if that is what you need.
- It's important to know that whatever you talk about you will be listened to and believed.



# What Happens When You Call the Line? continued

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## What the Support Line Volunteer can do:

- Listen and believe you.
- Let you know that it is not your fault.
- Brainstorm ideas for getting through tough times.
- Give you information about your rights.
- Respond knowledgeably to any concerns you may have about your experience and your ways of coping during and after the event(s).
- Honour and respect your decisions.
- Give you information about the process to seek medical or legal assistance.
- Suggest ways to get more help – resources.
- Keep what you say confidential – ask the volunteer if you have any concerns about confidentiality.