

# Tips for Girls ...

building healthy equal relationships



Whether you're hanging out with friends or wondering what it would be like to go out with someone, there's a lot to learn about relationships. Every girl has to decide what she wants to be and what relationships she wants to have. When people are in healthy relationships, they feel valued, respected, and treated like equals. Both girls and boys need to be in relationships that feel good. Here are some tips to help you have healthy relationships:

### **You're worth it!**

Feel good about yourself and about being a girl. This is the first step to having healthy relationships.

### **Expect respect**

Everyone deserves to be treated as an equal and with respect.

### **GirlFRIEND**

The word "friend" is there for a

reason. Friends listen to each other. They care about each other. Expect people you go out with to treat you like a real friend. They should like you for who you are.

### **Express your thoughts and feelings**

You should be listened to and taken seriously.

### **Ups and downs**

It's normal to feel hurt or angry sometimes, but in a healthy relationship, people don't yell or call each other names. Things can be worked out through talking and listening to each other.

### **Do your thing**

Going out with someone is great but that doesn't mean you have to be together all of the time. You need your own space and interests.

## **Be aware**

Did you know girls are more likely to be abused by someone they know - like a boyfriend - than a stranger? If you feel uncomfortable, trust your instincts and do what you can to change the situation. Hang out with friends you trust, leave when you feel unsafe, or call your parents or someone you can rely on.

## **Danger zone!**

Some girls think that if a boy ever hits them, they'd be able to leave him. But a boy doesn't usually start hitting his girlfriend out of the blue. He may start by telling you how to dress and do your hair. He may get really jealous and try to separate you from your friends. He may insult you, yell, or break things. Watch out for these warning signs of abuse. If any of these things happen, you can talk to an adult you trust or call Kids Help Phone.

## **Girls aren't always treated equally**

Times have changed, but girls aren't always treated equally. For example, boys might get better sports equipment, jobs, or career options. Some people think girls can't or shouldn't do certain things, just because they're girls. Speak up if you think someone's treating you unfairly because you're a girl. You have the right to be treated equally.

## **Get the word out**

Talk to your friends about healthy equal relationships and share these tips with them. Learn more about the issue by doing a project on violence in relationships. Talk to your teacher about arranging a guest speaker to come to your school. Get involved in positive events in your community. Remind your girlfriends that they're smart and can do anything they put their minds to!

To find out more about healthy equal relationships and violence against women and girls, go to:

[equalityrules.ca](http://equalityrules.ca)

[ontariowomensdirectorates.gov.on.ca](http://ontariowomensdirectorates.gov.on.ca)

For more help and advice call the Kids Help Phone at 1-800-668-6868 or visit [kidshelpphone.ca](http://kidshelpphone.ca)



**Metropolitan Action Committee on  
Violence Against Women and Children**

158 Spadina Road, Toronto, ON, M5R 2T8

1-877-558-5570 | 416-392-3031 (TTY)

[info@metrac.org](mailto:info@metrac.org)

More info and statistics:

[www.metrac.org](http://www.metrac.org) | [www.owjn.org](http://www.owjn.org)



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