

RePlay Positive Video Game

# YOUTH STUFF



## Healthy Relationships ...

# What are they?

Healthy relationships can be between anyone - friends, family, schoolmates, and people who are dating or going out. When you're in a healthy relationship:

- You feel good about yourself
- You feel good about who you are (e.g. your background, where you live, what you look like)
- You speak about how you feel and listen to others
  - You get respect and give respect to others
  - You know body and your feelings are important



Everyone deserves to be in healthy relationships!

# Abuse Hurts

Sometimes, people don't have healthy relationships with other people. They may get abused. There are different kinds of abuse.

## **Physical abuse:**

such as hitting, punching, slapping, or blocking someone from going where they want.

## **Emotional abuse:**

such as name-calling, insults, making fun of who you are or your religion, someone following you around and making you feel scared, and bullying.

## **Sexual abuse:**

unwanted sexual touching, like forcing someone to hug or kiss, making someone to watch something sexual, or making someone touch them.

Abuse can happen to anyone and anybody can abuse. Girls and boys can get abused, but it happens more often to girls by boys and men they know and trust.

Sometimes, girls and boys see, hear, or know about abuse between parents or family members. They might know that their mothers are getting hurt. It can make them feel sad, angry, and afraid. But there are places youth can go to get help.

What about

# Girls and Boys?

There are a lot of ideas about how girls and boys are supposed to be. Sometimes different adults, television, movies, music, advertisements, and video games expect them to be like this ...



pretty  
skirts/dresses  
housework  
skinny  
quiet  
lady-like  
pink  
long hair  
nice



tough  
good at sports  
strong  
blue  
no crying  
muscles  
in control  
short hair  
pants

Boys are often told to be tough and in control. Girls are often expected to do what they're told. That can lead to unhealthy relationships and abuse between boys and girls. Ideas about **gender** (what girls and boys are "supposed" to be like) can lead to unfair treatment. A girl might not be allowed to do something because she's "just a girl". A boy might be get made fun of because he "acts like a girl". That's not fair!

# What Can I Do?

**Know about healthy relationships.** Know what abuse is and its warning signs - when you see it around or on television and movies, you'll know to reject it.

**Feel good about who you are.** Your culture, body, background, language, hair, beliefs, thoughts, and community are important. You're unique and can do anything you put your mind to. Make friends who like you for you!

**Be fair!** Treat others with respect and like them for who they are, no matter if they're a girl or boy or different than you. You might help your friends and schoolmates do the same.

**Speak up.** If you're being abused or treated unfairly or if you see others being abused or treated unfairly, tell someone. Talk to an adult you trust, like a family member or teacher. You can call a community service too (see page 7). Keep trying until you get help. You don't have to deal with it alone.



**Get more**

# Info and Help

## **If you're in immediate danger:**

call 911 or your local police

## **Kids Help Phone:**

(24 hour helpline) 1-800-668-6868 | [kidshelpphone.ca](http://kidshelpphone.ca)

## **Assaulted Women's Helpline:**

(24 hour helpline, many languages)  
1-866-863-0511 | 1-866-863-7868 (TTY)

## **Femaide:**

(24 hour French language helpline)  
1-866-336-2433 | 1-866-860-7082 (TTY)

## **Lesbian Gay Bi Trans Youthline:**

(Sunday to Friday, 4:00 to 9:30 PM)  
1-888-687-9688 (TTY available on all lines)

## **Telehealth Ontario:**

(24 hour helpline)  
1-866-797-0000 | 1-866-797-0007 (TTY)



## Shelters for Women and Children

[www.shelternet.ca](http://www.shelternet.ca)

## Sexual Assault/ Domestic Violence Treatment Centres

[www.satcontario.com](http://www.satcontario.com)

## Sexual Assault Centres

[www.occcc.ca](http://www.occcc.ca)

## More websites

- List of Aboriginal Friendship Centres: [www.ofifc.org](http://www.ofifc.org)
- Info for Newcomers: [www.settlement.org](http://www.settlement.org)
- Info on Healthy Relationships: [www.equalityrules.ca](http://www.equalityrules.ca)
- Sexual Health: [www.spiderbytes.com](http://www.spiderbytes.com)
- List of Boys and Girls Clubs:  
[www.boysandgirlsontario.ca](http://www.boysandgirlsontario.ca)
- Job info: [www.youthjobs.gov.on.ca](http://www.youthjobs.gov.on.ca)
- Info on rights and the law: [www.jfcy.org](http://www.jfcy.org)
- Child abuse info: [www.oacas.org](http://www.oacas.org)
- How men can help end violence against women and girls: [www.whiteribbon.ca](http://www.whiteribbon.ca)



# METRAC



Metropolitan Action Committee on  
Violence Against Women and Children

158 Spadina Road, Toronto, Ontario, M5R 2T8  
1-877-558-5570 | 416-392-3031 (TTY)  
info@metrac.org | www.metrac.org | www.owjn.org

RePlay is METRAC's video game for youth on healthy, equal relationships. This zine covers topics in the game and shows you where you can go for more help and information.



**Play RePlay today at [www.metrac.org](http://www.metrac.org)**



Ontario

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