



SAMU AND COMMUNITY RESOURCES

Here are additional resources for individuals who are looking for support in understanding relationships and abuse:

SAMU Peer Support

SA-223, SAMU Building
City Centre Campus, 10850 104 Ave
For information about Peer Support, please reach out to the Peer Support Assistant at sapeersupport@macewan.ca

Sexual Assault Centre of Edmonton

14964 121a Avenue
780.423.4102 • sace.ca

Edmonton Violence Prevention Centre

115, 9303 34 Avenue
780.439.4635 • edmontonvpc.ca

To access additional support resources or to book an appointment with a trained Peer Support volunteer visit:

samu.ca/peersupport



EXPLORING RELATIONSHIPS

All relationships in our lives look different. Learning about different relationships can help us understand if they are healthy, unhealthy, or abusive.

samu.ca/peersupport

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The Students' Association of MacEwan University (SAMU) is a non-profit organization working independently from MacEwan University to support students.

PEER SUPPORT

We have a variety of relationships in our lives that we experience differently. It is usual for relationships to change and grow. We must define what we want from a relationship and what we are willing to give. Relationships can be healthy, unhealthy or abusive.



IDENTIFYING RELATIONSHIPS

HEALTHY RELATIONSHIPS CAN LOOK LIKE:

- More good times than bad times
- Open communication
- Feeling comfortable and supported
- Having a life outside of the relationship
- Feeling safe and comfortable saying no to sexual activity
- Pleasant interactions between loved ones and partners
- Both partners contribute to the relationship
- Engaging in conflict constructively
- Our boundaries are respected

UNHEALTHY RELATIONSHIPS CAN LOOK LIKE:

- More bad times than good times
- Feeling pressure and control
- Focusing all energy on that relationship
- Confusion and general unhappiness
- Dropping other people or activities you enjoy

ABUSIVE RELATIONSHIPS CAN LOOK LIKE:

- Extreme jealousy and/or control
- Yelling and/or name-calling
- Threats and/or physical violence
- Pressure to have sex
- Stealing and/or withholding finances
- Monitoring of what you are doing at all times
- Isolation from loved ones and support systems
- Any of the above behaviour happening around children

THE CYCLE OF UNHEALTHY AND ABUSIVE RELATIONSHIPS

Unhealthy relationships and abusive relationships can happen to anyone. It is essential to know that it is not your fault and their behaviour is not okay. You can take steps to change this situation when you're ready. In some cases, people can improve their relationships with resources and support.

Unhealthy and abusive relationships involve a pattern of behaviour that forms a cycle. When an incident occurs, it is typically followed by a period of good times. In this period, people often feel happy and connected to the other person. These good times fade, and tension begins to build again. Individuals often describe this feeling as "walking on eggshells". Another incident occurs, and the cycle repeats. These stages can vary in length – they can be days, weeks, or months apart.

THERE ARE FOUR THINGS TO KNOW:

1. The cycle tightens
2. The good times shrink/disappear
3. The violence escalates
4. The cycle does not end without intervention

As the cycle tightens and escalates, people may fear for their safety. Leaving and/or staying in the relationship may feel like unsafe options. There are resources to support individuals in these circumstances to develop safety and/or exit plans.