

THE SEXUAL HEALTH CENTRES ARE LOCATED AT:

Fort Erie Sexual Health Centre

43 Hagey Avenue
Fort Erie, ON L2A 1W4
Phone: 905-871-5320
Fax: 905-871-3333

Hours of Service

Tuesday - Friday
9am - 12pm

Niagara Falls Sexual Health Centre

5710 Kitchener Street
Niagara Falls, ON L2G 1C1
Phone: 905-358-3636
Fax: 905-358-2717

Hours of Service

Monday - Friday
1pm - 4:30pm

St. Catharines Sexual Health Centre

277 Welland Avenue
St. Catharines, ON L2R 2P7
Phone: 905-688-3817
Toll Free: 1-800-263-5757
Fax: 905-688-6063

Hours of Service

Monday - Friday
8:30am - 12pm
1pm - 4:30pm

Welland Sexual Health Centre

540 King Street
Welland, ON L3B 3L1
Phone: 905-734-1014
Fax: 905-734-1770

Hours of Service

Monday - Friday
1pm - 4:30pm

** Clinic/Doctor services available by appointment only*

Mediklik - STI Clinic

St. Catharines General Hospital
142 Queenston Street, St. Catharines, ON
Tuesday & Thursdays - 6:00-8:00 p.m.
Walk-in Clinic - no appointment required

**AIDS & SEXUAL INFORMATION LINE TOLL FREE
1-800-668-2437**

www.regional.niagara.on.ca



RELATIONSHIP CHECK UP

Relationships are great if you are in a good one, but unhealthy ones can be difficult and stressful. Some may even put your safety in danger.

Important parts of a healthy relationship are; mutual respect, trust, honesty, fairness, equality and good communication.



Niagara  Region
PUBLIC HEALTH

Healthy relationships are also when; you have fun together, you listen to each other and trust each other, you both can say sorry and reach compromises, and you can lead separate fulfilling lives. It's also when you can both feel comfortable and like yourselves.

It's normal to want to think the best about someone you care for, but it is more important to take care of yourself.

Relationship Quiz

Take the following quiz, just to make sure you are not in an abusive relationship.

1. Do you find that your partner doesn't want you to see other friends or join in activities that do not include him/her?
2. Does your partner not like the way you dress, talk, look?
3. Are there times when your partner's teasing hurts your feelings?
4. Does your partner make fun of you in front of your friends or family?
5. Do you decide jointly what to do when together?
6. Do you ever feel pressured to do something?
7. Has your partner ever hit or slapped you?
8. Do you feel free to say "No" without having to explain your reasons?
9. Does your partner help you feel good about yourself?

If you answered yes to any questions except for 5, 8 and 9 there may be abusive elements to your relationship. You should talk to someone you trust, such as a friend, your school nurse/guidance counsellor, or your local women's shelter.

Abusive relationships can mean any relationship that involves physical, sexual or emotional abuse.

Physical abuse includes slapping, hitting, shoving, biting, hair pulling, throwing things, threatening someone with a weapon, or holding someone against their will.

Sexual abuse consists of unwanted sexual touching, or use of force to have someone consent to sexual activity. It could also mean attempting to, or having sexual intercourse with someone who is under the influence of drugs or alcohol.

Emotional abuse includes behaviours such as insulting or putting down a partner, keeping them away from family and friends, and even threatening or harassing them. Emotional abuse may even mean someone reacting with extreme jealousy. Emotional abuse often comes from a partner's wish to control the other person.



Relationship Myths

- Jealousy is a sign of love.
- Things will get better.
- I can tell they are going to be abusive by looking at them.
- Emotional abuse isn't as serious as physical or sexual abuse.
- It will never happen to me.
- "I can change him/her."

Warning Signs

Your partner is verbally abusive.

Verbal abusive often turns into sexual or physical abuse.

Your partner is possessive and often humiliates you.

Possessiveness is a way for a partner to control you. Tell your partner that you are allowed to do what you like. If they don't agree they can leave the relationship.

Your partner makes threats of violence.

Take any threat seriously.

Your partner doesn't like you hanging out with your friends or family.

If your partner tries to keep you from your friends and family, they are trying to control you. This is a way of keeping you away from your support system.