



Healthy Relationships



Africa Centre



Learning Objectives

1

Understanding the dynamics of healthy relationships

2

Recognizing the warning signs of intimate partner violence

3

Understanding the impact of intimate partner violence

4

Exploring the role of cultural norms in relationships

Icebreaker

Before we start with the session, let's break the ice!

Mix and Match Candy Challenge





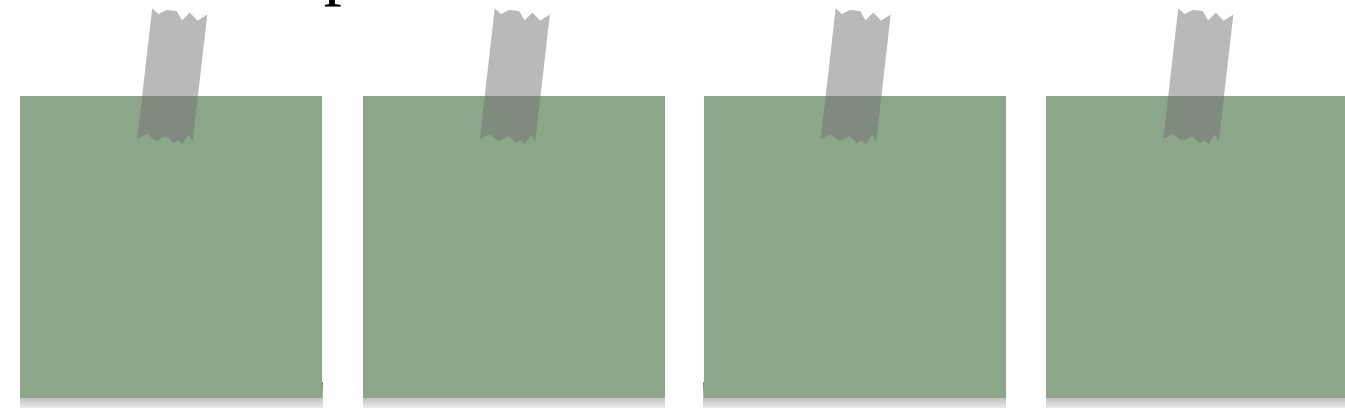
**What do we know
about healthy
relationships?**

Understanding Healthy Relationships

Group Discussion

1

What are some important qualities or characteristics that make up a healthy relationship?



2

Does this look different for platonic and romantic relationships?

3

In what ways can healthy relationships impact your life positively?

Warning Signs & Red Flags

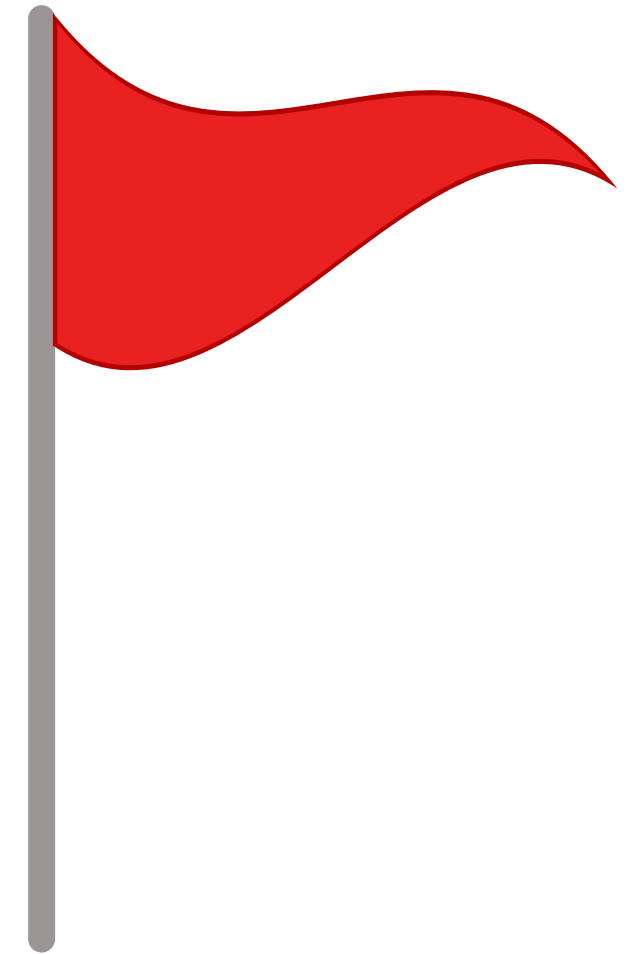
Discuss:
What are some indicators of an unhealthy relationship?



Video

Time: 3:22-9:02 minutes

<https://www.youtube.com/watch?v=ON4iy8hq2hM>



Cultural Norms & Expectations

DISCUSS: How some of the norms and social constructs listed below may negatively influence the relationships of Black youth, contributing to unhealthy behaviours?

- **Gender Relations:** social relationships and distribution of power between men and women in the public and private sphere
- **Masculinity and Femininity**
- **Family Expectations**
- **Sexual Norms**
- **Socioeconomic Status**
- **Media Representation**



Are some more influential than others?



DISCUSS

How to challenge harmful norms/expectations?



Education
and
Awareness



Representation
and
Media
Literacy



Role
Modeling
and
Mentorship



Empowerment
and
Advocacy



Counselling
and
Therapy

Impacts of IPV on individuals/communities

Men in Black Families

- Stigma/shame
- Legal consequences
- Difficulty accessing support

Women in Black Families

- Mental health difficulties i.e depression and anxiety
- Family dysfunction



Impacts of IPV on individuals/communities

Youth/Children

- Increased risk of sleep difficulties
- Eating problems
- Aggressive behaviours
- Excessive irritability
- Academic difficulties
- Anxiety and conflict/problem-solution skills

Communities

- Job loss, missed work and financial instability
- Relationship issues



Resources

- **Africa Centre Mental Health Clinic** -
counselling@africacentre.ca
- **Black Youth Helpline** - Toll-Free 1833-294-8650,
info@blackyouth.ca
- **211 Alberta** - helpline and online database of Alberta's
community and social services
- **Health Link 811** - 24/7 nurse advice and general health
information



Thank you!



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



Have a great
evening ahead.