

ROMANTIC RELATIONSHIP IN ADOLESCENCE

WHICH EQUATION BEST
REPRESENTS A POSITIVE
ROMANTIC RELATIONSHIP:

1

$$1/2 + 1/2 = 1$$

Not really... We're already complete beings before being in a relationship, and not halves that need to be completed by our "other half" to make a whole.

2

$$1 + 1 = 1$$

This equation would show that these two people, together, form a couple. Yes, perhaps... But who are they, individually, in all of this? **Are they anything more than their couple?**


3

$$1 + 1 = 3$$

This equation refers to two people who, by forming a couple, create a 3rd entity. **They continue to be two full-fledged individuals with their own passions, hobbies, etc.**



ASPECTS OF A POSITIVE ROMANTIC RELATIONSHIP



Listening to each other, complicity

Be free to express yourself and be yourself

Communicate and find common solutions

Trust, mutual respect and consent

Show affection toward each other and emotional support

Spend quality time together, but also time apart

Make time for your friends and activities

Talking about your sexual health and contraception is essential



For healthy and responsible sexuality, your school nurse is a good ally.

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SEXUALITY IS A PLEASURE THAT CAN BE EXPERIENCED ALONE OR THAT CAN BE SHARED.

Shared sexuality = consent

It is important to verify consent throughout sexual activity to know what your partner really wants to:

- they must be free to choose what they want to do or not;
- be equal and have the same rights;
- have the possibility to stop whenever they want;
- be enthusiastic about sharing these intimate moments.

ROMANTIC BREAKUP

A breakup is painful, but it's not a failure.

Breaking up can also have good sides ! it's an opportunity to:

Get to know yourself better

Gain more self confidence

Clarify what you are looking for in your partner

Focus on yourself and the things that make you happy

Spend more time with your friends or family

Finally simply, just ask yourself what is best for YOU. There is no pressure to be in relationship.

MAIN REASON FOR BREAKUP IN ADOLESCENCE:

DIFFERENT VALUES AND LACK OF COMMON INTERESTS

VIOLENCE IN ROMANTIC RELATIONSHIPS

Violence in romantic relationships is when one partner controls the other or takes power over the other, face to face or using technology (cell phones, social media, emails, etc.). Technology allows reaching anyone, anywhere, at any time, which can encourage violence.

Violence can occur:

- between current or ex-partners;
- in casual or long-term relationships;
- between partners of different genders or the same gender

Don't hesitate to ask a trusted adult for help.

TO FIND OUT MORE, CONSULT:
[HTTPS://ETINCELLES.UQAM.CA/EN/](https://etincelles.uqam.ca/en/)

SUICIDE PREVENTION LINE: 1 866-APPELLE (277-3553);
SUICIDE.CA OU TEXTO : 535353.