Jealousy, a sign of love? (...and other myths)

Hommes & Gars and Accalmie workers can help you see things more clearly!





The following theme addresses the many forms of violence and how they manifest themselves.

Remember that you are never alone.

There are resources available to help you or a loved one.
Some of these are listed at the end of this document.

Jealousy is just a sign of love...

A few distinctions when it comes to jealousy...

Jealousy is a normal feeling.

We have all felt it at some moment
or another in our lives.



The feeling itself is not necessarily problematic.
The problem is when we use that jealousy
to control or manipulate someone.

We often hear that jealousy is a sign of love, and that it shows that someone really cares.

Jealousy is actually more about insecurity and can result from many different factors.

Whether it is from a lack of self-confidence, when jealousy is used to manipulate another person; it is unhealthy behaviour.



How does jealousy manifest itself?

Jealousy as a toxic behaviour within a relationship can be demonstrated in many ways, particularly when one or the other partner:

Decides the other person's friendships

Monitors the other partner's conversations on social media (Instagram, Facebook), text, etc.

Prevents the other from doing activities

Tries to make the other person jealous

Uses behaviours that infringe on another's rights or freedoms (therefore, by resorting to any form of violence to control the partner)



What to do when you experience jealousy?

If you feel jealous, here's what you can do:

Try to identify the circumstances that bring out your jealousy

When a fit of jealousy occurs, re-focus on your value as a person (why do people and/or your partner appreciate you)

Calmly communicate your fears to your partner and find solutions together



What to do when you experience jealousy?

If you are in a relationship with a jealous person, remember:

You do not have to comply with their demands to reassure them

Always clarify your expectations of each other

Set your limits (before they are exceeded!)

Learning to communicate within a relationship is essential to understanding the other and respecting each other's limits.



Jealous behaviours, even if they may seem harmless, are never acceptable in a healthy and equal relationship.



Myths and facts about dating violence

Myths and facts about dating violence

Jealousy is a sign of love ...

In a healthy relationship, love is expressed in many ways, but never in the guise of jealousy.



Be careful...

It's not violence it's just a couple's fight...

It's normal to have disagreements with your partner. However, it is not a simple fight or argument when someone tries to take control of the relationship.



It's none of our business...

Violence is often taboo. Talking about it is the first stepto getting out of a toxic relationship... so it's up to all of us!





Myths and facts about dating violence

It's often more complicated than we think...



If it were that serious, they would have already been separated a long time ago...

Each person may have their different reasons for staying in an abusive relationship. Money problems, fear of reprisal, low self-esteem, little social support, etc. The victim is a prisoner in the cycle of violence.

Yes, it is serious!

It's not like they got beat up...

Psychological, Verbal, Sexual and Economic violence often have more consequences than Physical violence and are just as serious!



On the contrary..!

Domestic violence doesn't concern youth

The age group the most vulnerable to experience violence within relationships is actually from 15 to 24 years old.

In summary...

Does your relationship have...?

Mutual respect?

Empathy?

Active listening?

Freedom of expression?

Sense of security?



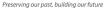
To see more clearly in your romantic relationship:





















The people you trust in your life, school personnel and all these organizations are there to support and inform you at any time.

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