

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

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



I've often heard that
jealousy is a sign that
you love someone...



Me too!
It's one of the most
common myths.



Warning

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...

False!

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

Jealousy is often complex.
Taking the time to understand
where it comes from makes it
easier to manage it.



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.

FALSE!



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.

Be careful...

It's none of our business...

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



**Let's talk
about it..!**

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?

If you have any doubts,
the resources on the following page
are there to help you.



To see more clearly
in your romantic relationship :



**Hommes
& Gars**
RESSOURCE D'AIDE ET SOUTIEN



Jeunesse, J'écoute 

TEL-JEUNES



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

Maison des jeunes L'Hav-nir
418 937-2597

L'Accalmie
418 986-5044

Jeunesse, J'écoute
1 800 668-6868

Maison des jeunes des Iles
418 986-4080

Hommes & Gars
418 986-1811

Tel-jeunes
1 800 263-2266

Maison des jeunes de l'Est
418 985-2999

CAMI
418 985-2116

SOS Domestic violence
1 800 363-9010

