

FLÄGS

Hey..

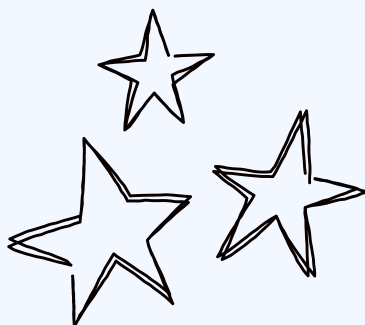
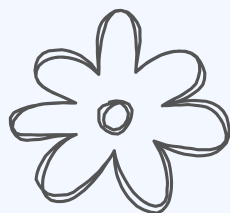
could we talk
about something?

sure, whats up?



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BUILDING A HEALTHY RELATIONSHIP WITH YOURSELF:

Set boundaries

Counselling/therapy

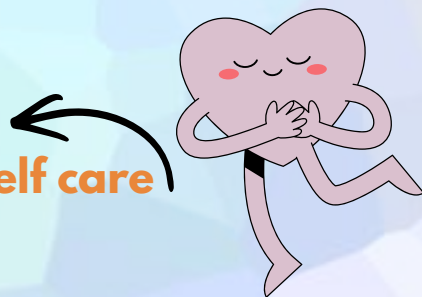
Explore new hobbies

Ask for help

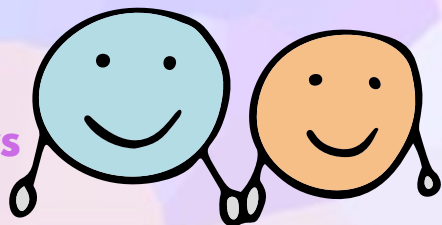
Learn and grow

Connect with others

Self care



Do thing you enjoy



FIRST ENCOUNTERS



- Always meet in public first
- Let a friend know where you're going
- Have your own transportation or a backup plan
- Trust your gut, it's okay to leave if something feels off



- 2S/LGBTQ+ Groups
- Queer Sports League
- Rocky Horror Picture Show
- Pride March
- Trans Day of Visibility
- Coffee Shop
- Public Park
- Affirming Place of Worship

INTRODUCTIONS



- Lead with your name and maybe a fun fact or hobby
- Share your pronouns early to create a comfortable, affirming space
- Find common ground, a shared interest makes conversation flow easily
- Compliment something specific rather than general

ASK ABOUT:



1. Comfort Media
2. Their Creative Side
3. Music taste
4. Their People
5. Their Pets
6. Queer Journeys
7. Hot Takes
8. Bucket List



QUEER CODED

B I N G O



The symbols and codes featured on this bingo card have been historically associated with 2S/LGBTQ+ culture and community signaling. However, many of these symbols exist in broader cultural contexts and their meaning is not exclusively queer, their significance depends heavily on context, combination, and intent. The presence of any single symbol does not confirm or imply a person's sexual orientation or gender identity.

Attachment

Styles

For

Why does it happen?
even if we mean it!

Attachment is an emotional bond that forms before 2 years old, becoming a set of unconscious survival strategies for major relationships of any kind. Attachment styles form based on the way caregivers interact with you and is a core of how we form adult relationships. It can change if a person experiences a problem if it is not healthy or maladaptive. It can challenge your core style. Attachment styles can be healthy or maladaptive. It can change if a person experiences a problem if it is not healthy or maladaptive. It can challenge your core style. Attachment styles can be healthy or maladaptive. It can challenge your core style.

How many styles are there?

There are 4 styles of attachment behaviours we tend towards.

Read on to learn more!

Secure

This is the most common attachment style!

Secure attachment is characterized by feelings of trust, safety, and comfort in relationships, a willingness to rely on others, and a belief that one is loved and valued.

How it forms

Caregivers provided a consistent and warm childhood, were attentive to the child, and emotionally available when needed.

What it looks like

Confident, high self esteem and awareness, easy to connect with,

able to set and enforce healthy boundaries.

This is known as the "ideal attachment".

The next three are known as "Insecure attachments" but it does not mean that you are if one resonates...

ANXIETIES

Anxious/Preoccupied Attachment is characterized by an underlying fear of abandonment. This can cause someone to do whatever it takes to keep the peace.

How it can develop:

Caregivers were inconsistent in meeting the child's emotional needs, sometimes supportive and sometimes not. As a result, the child does not know what to expect from their caregivers and thus becomes confused about how to act in future attachment situations.

Signs of Anxious/Preoccupied Attachment:

People with Anxious/Preoccupied Attachment tend to fall in love quickly and may not recognize toxic relationship patterns. Their needs become secondary to their partner's, and they react strongly to any sign of rejection or abandonment. Jealousy, clinginess, low self-esteem, self-sacrifice, and loneliness are common.

If anxious attachment

is an issue **For you** Find ways to explore your emotions before expressing them to your potential partner, such as journaling, poetry, songwriting, or other creative outlets. Exercise and breathwork can also help to return you to your body and lower anxiety.

Avoidant

Avoidant/Dismissive attachment style is characterized by an internal struggle of fearing deep emotional intimacy.

How it can develop:

Caregivers may have been overly strict, emotionally distant, or discourage displays of affection. When expressing emotions, a child may have been told to 'toughen up' or to 'get over it' regularly.

Signs of Avoidant-Dismissive attachment:

Initially this attachment style looks independent, self assured, and have high self esteem. The struggle comes when trying to establish a deeper emotional connection, shutting down or becoming distant for fear of being rejected. It is possible for folks with this attachment style to not know how to foster emotional intimacy. They may not want or seek deeper connections despite feelings of loneliness.

If avoidant attachment causes you distress

Characteristics of Avoidant/Dismissive Attachment can surface quickly and seemingly out of nowhere. Pay attention to the physical and emotional sensations you feel as relationships grow more intimate. Exploring these experiences by yourself can help you avoid running away from healthy relationships prematurely. The more awareness and openness you bring into communication within your relationships will help you to understand your relationship to intimacy.

Disorganized

A combination of the previous 2 insecure attachment styles. It is characterized by an inconsistency in behaviour and an internalized push and pull conflict of wanting to be emotional intimacy but are also afraid of it. It feels like trying to play a game that you never learned the rules for, but everyone else learned.

How it develops:

Caregivers provided an inconsistent environment to grow up in. The child learned that their biggest source of comfort was also something to be scared of. There is almost always abuse that was experienced, or seen, by the child.

Signs of Disorganized Attachment:

The biggest difference between this and avoidant attachment is the desire to have emotional bonds. There is a fear that partners will not accept them as they are. They may expect to be rejected, hurt, and disappointed; it may feel like waiting for "the other shoe to drop". To them this is the inevitable result of connections. Sometimes folks will engage in behaviours that self-sabotage the relationship, which becomes a self-fulfilling prophecy, confirming their internal beliefs.

How to heal:

This is a very difficult attachment style to heal, but there is hope! The biggest, and often hardest, factor in healing this style is learning to trust people. Working with a psychotherapist. Or independently, is the best way to heal childhood traumas, and learn healthy relationship dynamics that caused this attachment style.

If disorganized attachment is causing pain and sadness

And finally 3

Great tips for ANY Attachment Style!

Remember that insecure attachment styles are learned, thus secure attachment can also be learned.

When attachment wounds are triggered, prioritize your self-care routines such as exercise, meditation, improving sleep habits, and cutting down on screen time.

Practice self reflection through journaling, art, music, or other creative outlets.

These efforts help to confront emotional patterns and explore personal feelings without them spilling over into relationships.

Be open with your partner about your vulnerabilities and work together to establish healthy boundaries.

Confide in a friend who is secure in their attachment who can help you find awareness of your tendencies and to navigate relationship issues in real time.

Seek help from a licensed mental health professional who can help you to establish safe and reassuring relationships with your inner child. Eventually, you can learn how to identify patterns and rewrite narratives about your adult self.

Thank you for reading!
Who knew you learned something!

NOW IT'S YOUR TURN

Recharge

Breathe... and make time for yourself

**TURN UP
THE MUSIC**

**Set Your
Boundaries**

FREE THE MIND

**Fortify
Yourself**

help from other people

perseverance

perseverance

perseverance

effort



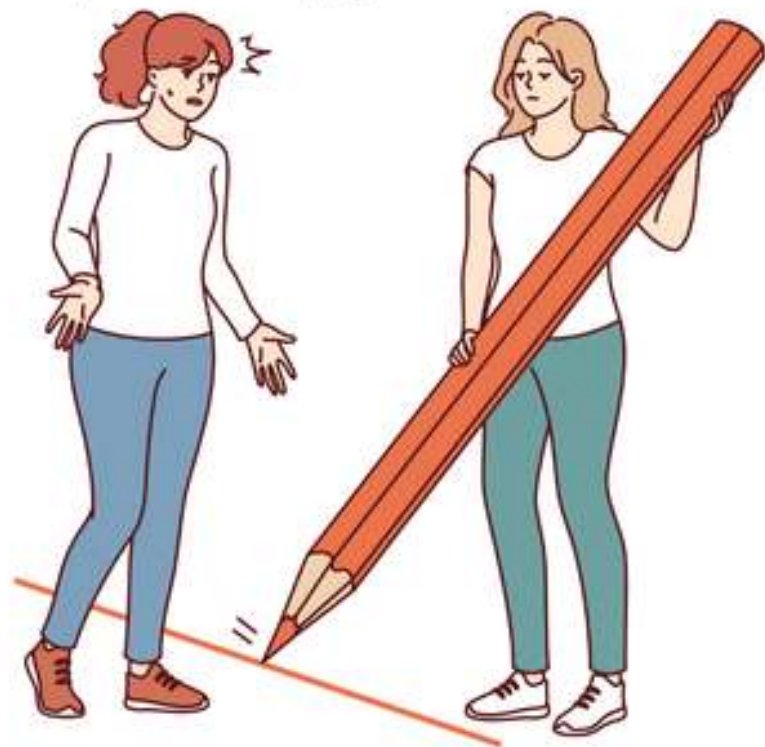
BOUNDARIES

Boundaries are limits that protect your emotional, mental and physical well-being. Many boundaries are universal, you don't need to say "Don't punch me!" I should already assume you don't want to be punched.

Boundaries can also be unique to you. "I don't want to watch horror movies" or "I don't want to smell strong body spray" are fully reasonable boundaries that not everyone has.

WHY ARE THEY IMPORTANT?

Boundaries are **mandatory** for every healthy relationship. Respecting other people's boundaries helps to build trust, and upholding your boundaries helps to keep you and your relationship stable and happy.



HOW DO I USE THEM?

First off, everybody has a lot of boundaries, enough that it's hard to keep track of them all at once. And sometimes your boundaries can change or you can discover new ones. So don't worry about having them all memorized.

Step one: **COMMUNICATE**

You and your partner should talk about things that are important to each of you early in your relationship. This is where you tell them your boundaries. "I don't want a partner who is going to ignore my texts for days at a time," "I need a partner who doesn't play a loud instrument," "I don't date people who hate trans people."

Step two: **RESPECT**

And then, and this is the important part, if you know someone's boundaries, be respectful and don't purposefully go against what you know they don't want.

Like if you feel like they'd be upset or mad at you for sending flirty texts, or you're lying about who you're hanging out with, **that's cheating**, even if "nothing happens." Go talk to your partner about it, because if you hide it, it's cheating.

UNLESS IT'S FOR SAFETY REASONS

Also, respect yourself, if your boundaries are being crossed, it's time to remove yourself from that situation. It's okay to be a little forgiving, but don't be a doormat.

That's it, two simple rules. Communicate. Respect. Sometimes you gotta continue communicating, boundaries are a constant and evolving conversation.

WHAT IF I DON'T LIKE THEIR BOUNDARIES?

Firstly, **do not try to adjust or ignore their boundaries.**

If you don't like their boundaries, you're going to need to compromise, or decide if that relationship is right for you.

If you love anchovies, and they hate the smell, talk to them about eating then away from home and brushing your teeth before you come back. If they don't want to date a partner who plays video games, and you love video games, do not just play video games anyway, instead communicate and consider whether or not that relationship is right for you.

"Hey, I don't like this."



"I want to remind you that we've talked about this before."

"I NEED THIS TO CHANGE."



WHAT IF THEY CROSS MY BOUNDARIES?

The important thing to remember here is that boundaries **not** for controlling or punishing your partner.

Boundaries **are** about you and what you do.

You are going to need to reinforce your boundaries. Tell them that your boundary is being crossed. Tell them they need to stop.

You could even set up a signal. It could be a safe word, like "pistachio" so that they know something's wrong, or even a secret hand signal just for you two.

If they repeatedly cross your boundaries, they need to go. Leave the date. Stop messaging them. Tell them to leave your place. Break up with them. Block them.

If they don't clearly don't respect you enough to respect your boundaries, then they aren't worth a long term relationship. You need to respect yourself and remove yourself from the situation by any means necessary.

"I NEED YOU TO STOP."



IS THIS A BOUNDARY?

Understanding relationships takes practice, and nobody gets it perfect. Read each scenario below and choose whether it's a Boundary, Controlling Behaviour, or Healthy Communication. This isn't about getting it right or wrong; it's about building your awareness so you can recognize what you deserve in any relationship.

1. "You can't go out with your friends."

Boundary ☐ Controlling Behaviour ☐ Healthy Communication ☐

2. "I want a partner who spends some time with me every weekend."

Boundary ☐ Controlling Behaviour ☐ Healthy Communication ☐

3. "You did not spend any time with me on the weekend, so you are not allowed to see your friends next weekend."

Boundary ☐ Controlling Behaviour ☐ Healthy Communication ☐

4. "I don't feel like we're spending enough time with each other on the weekend, so let's talk about how we can compromise on our schedule."

Boundary ☐ Controlling Behaviour ☐ Healthy Communication ☐

5. "Can you please not share personal details about our relationship on social media."

Boundary ☐ Controlling Behaviour ☐ Healthy Communication ☐



6. "You aren't allowed to talk to Mike."

Boundary ☐ Controlling Behaviour ☐ Healthy Communication ☐

7. "I don't stay in contact with people who talk to my ex."

Boundary ☐ Controlling Behaviour ☐ Healthy Communication ☐

8. "We have an agreement to always tell each other where we're going."

Boundary ☐ Controlling Behaviour ☐ Healthy Communication ☐

9. "I tell my date I'm not comfortable going back to their place on the first meetup."

Boundary ☐ Controlling Behaviour ☐ Healthy Communication ☐

10. "I ask a friend not to hug me without asking first."

Boundary ☐ Controlling Behaviour ☐ Healthy Communication ☐



1. Controlling Behaviour
2. Boundary
3. Controlling Behaviour
4. Healthy Communication
5. Boundary
6. Controlling Behaviour
7. Boundary
8. Healthy Communication
9. Boundary
10. Boundary

WHAT IS

CONSENT

Remember... F.R.I.E.S!

F

REELY GIVEN

↳ not influenced or coerced

R

EVERSIBLE

↳ you can change your mind!

I

NFORMED

↳ no questions left unanswered

E

NTHUSIASTIC

↳ you're into it!

S

OBER

↳ not under the influence of drugs or alcohol

Giving consent
permission to an

Consent is often
conversations about
sex, but is just as
else! Including on



Consent exists only
too! Always keep
consent in conversation
online, especially when
sexually explicit
language and images
are being
sent.



can I send u a pic?



is the act of giving
other person.

brought up during
relationships and
important everywhere
line ♡

XOXO



NON SEXUAL CONSENT

Consent isn't just about sex. Most people don't realize that consent is a major part of our every-day activities. When you ask to hold someones hand, or if they'd join you for a walk, you're asking for their consent. Remember: NO means NO! Even when it's not about sex. ♡

XOXO

ONLINE

HOW TO ASK FOR CONSENT



Consent can seem scary to ask for. What if they say "no"? What if they feel pressured to say "yes"?

When asking for consent, a direct question is the best way to get a direct answer ♡

XOXO

WITHIN RELATIONSHIPS



Just as consent is ongoing during sex, consent should remain in conversation within relationships. Just because you're dating/engaged/married, doesn't mean consent is automatic. Hearing "no" from your partner can be especially hard, but it's just as important. ♡

XOXO

SAFE WORDS

are a great way to communicate to your partner when things go too far. Talk to your partner if you think this would benefit your relationship.



be supportive
have a concern
your partner
you're both
have a sup
gentle co

NO MEANS NO

BUT SO DOES... (silence)

"I don't know..."

"maybe later"

"not right now."

"This feels wrong"

"I don't like this"

"stop"

Just as it's okay for you to say "no", it's okay for your partner to say "no" to you. "No" can be hard to hear, but it's important to not take it personally. Show compassion, patience and support. It's okay to be upset / dissatisfied, but taking your frustration out on your partner is not okay — that is sexual violence. ♡

BUT WHAT IF THEY SAY "NO"?

WHAT TO SAY (vs) NOT SAY

Thanks for telling me!

That's okay, how are you feeling?

No worries, would you like to cuddle instead?

Are you sure?

Why not?

But last time you...

Can we at least...

Bruh!

These types of responses create pressure, guilt and imbalance.

0/10

A Relationship Cookbook

a guide to identifying different relationship dynamics

RECIPE

Title: Healthy Relationships

Serves: Everybody

Ingredients:

- Trust
- Respect
- Understanding
- Empathy
- Support
- Individuality
- Compromise
- Comfort & Safety
- Honesty

Directions:

- Asking for consent in All situations
- Setting & respecting boundaries
- communicating freely & comfortably through disagreements w/o putting down the other person
- Supporting each other
- Sharing household, financial & emotional responsibilities
- Creating an environment within the relationship that feels safe & comfortable for everyone involved

Definition:

Individuality:
You are born complete, being independent, participating in things alone, and spending time by yourself or with others

RECIPE

Title: Unhealthy Relationships

Serves: Nobody

Ingredients:

- dependency on one another
- disrespect
- frequent disagreements
- secrecy
- distrust
- miscommunication
- avoidance

Directions:

- frequent arguing w/o resolution
- lying or keeping secrets
- the silent treatment after fights or disagreements
- pushing boundaries
- holding many conflicting beliefs or values on important subjects
- having difficulty communicating in a free & open way

** If someone you know is in an abusive relationship, reach out to them in a safe environment and talk to them about your concerns. Offer your support, but don't try to force them into leaving or doing anything they aren't comfortable with. **

RECIPE

Abuse & Intimidation can include:

- threats
- blackmail
- violence

Title: Abusive Relationships

Serves: The Abuser

Ingredients:

- physical or sexual violence
- a power imbalance
- one-sided control
- coercion
- manipulation
- intimidation
- isolation from friends, family, or loved ones

Directions:

- disregarding & crossing boundaries
- a power imbalance in which one person controls the others' finances, actions, relationships, and access to necessities such as food, shelter, & healthcare
- frequent fighting in which one person always "wins"
- physical or emotional abuse or intimidation
- threats of or acting the other person's sexual or gender identity

Chef's Note:

If you have found yourself in an abusive relationship, there are steps you can take to get yourself out.

Packing List for Leaving

□ ID

- passport
- driver's license
- health card

□ legal

documents

□ personal items

- clothes
- toiletries
- medications

- Create a safety plan
 - <https://www.gov.mb.ca/justice/en/divs/domestic/safe.html> has a lot of information that can help!
- identify a safe person who can help you
 - this could be a friend, family member, or coworker
- decide where you go before you leave
 - research local shelters or centres for victims of intimate partner violence
- reach out to a friend or family member you could stay with for a while
- ensure any device that shows your location is turned off or disabled
- create a checklist of things you may need
- call 1-877-977-0007, the 24-hour domestic violence information/crisis line, to discuss options and access information about services available in your area.

We let our minds wander and dream,
remembering

dancing in the sky.

Prairies

plains

Queer Love
is like

NATURAL

Star Light

wildflower superblooms.

I miss you like crazy...

My space

till holds

TRACES
of you

When's the next time
we'll be

united

An Ode to Long Distance Relationships

Many of us prairie queers are no stranger to long → distance relationships. Often our friends and lovers can be a few hours drive away, sometimes even a plane ride away! It can be hard when it comes time to part ways, whether you're the one leaving or not. So here's a list of tips & tricks for when those post visit blues and big feels start to hit! ♥

Take Care! ♥

- ★ Take a walk
- ★ Consensually send some spicy pics
- ★ Give each other a reallly good hug before someone leaves
- ★ Plan another visit/catch up call
- ★ Move your body ♥
- ★ Call a friend
- ★ Have something of each other's to keep with you
- ★ Order your fave comfort food
- ★ Write them a letter they can read once they leave
- ★ Make a playlist together that you can both listen to once you part
- ★ Do something that brings you joy
- ★





SELF CARE

Don't forget to take care of yourself! You matter, and your well-being is important. Ask yourself what you need, anything you can do to improve or maintain your well-being



PHYSICAL

how can I
help myself
feel even 1%
better?



Keep you body and space healthy:

- ★ Hygiene: shower, brush teeth, change clothes
- ★ Sleep: the right amount, routine, quality, naps
- ★ Food: balanced diet, 3 meals, any food is better than no food
- ★ Hydration: water, milk, hydration packets
 - *sugar, caffeine, and alcohol dehydrate
- ★ Take your meds as prescribed by your doctor
- ★ Fresh air and exercise: get up, open a window, let the sunlight in, go for a walk, stretch, don't hurt your body
- ★ Keep you space tidy: pick things up off the floor, clean bedsheets, take out dirty dishes and garbage
 - *bacteria tends to thrive in warm, humid/wet, stuffy environments



Make
it
fun!



set
reminders!



MENTAL AND EMOTIONAL

Show yourself some love:

- Take a break: step away from upsetting conversations, situations or thoughts
- Relax: take a nap, read a book, watch a show, listen to music, have some alone time or hang out with a friend
- Reach out to Mental Health Services
- Name, validate and feel your emotions
- Journal about it
- Talk to someone you trust like a friend, family member, partner, or practitioner
- Ask for comfort like a hug or company or for someone to listen to you. (could you __ for a bit, I need help/support)
- Seek out events happening in the community
- Join a group or club

SPIRITUAL

Engage in activities that align with you beliefs and values:

- Read/study literature
- Spend time in nature
- Meditate
- Decorate your space
- Engage with like-minded individuals, in community or online

*Don't push your beliefs on others



Resources AND SPACES

Trans Lifeline

translifeline.org
or
1-877-330-6366

a phone-in crisis line ran for and by trans people (not mandatory reporting)

Kids help phone

Kidshelpline.ca
1-800-668-6868
or text
CONNECT
to
6868
68

https://
kidshelpline.ca/resources
-near-me

IN AN EMERGENCY

- ★ Go to your nearest emergency room/hospital
- ★ contact a counsellor, Doctor, or other health professional
- ★ Text/call 988
- ★ contact a loved one and express the emergency

LGBT National Help Centre

Lgbthotline.org

(Online chat, text or call support)

YWCA Canada

ca
emergency housing and resources for gender based violence

LGBTnearme.org

finding support online is also an option!

Don't reveal sensitive information (legal/ full name, age, location, etc.)

Don't meet up with someone without a safety plan!

Before you meet, tell someone you trust

Who you will be with (names, addresses, license plates)

When you will be back

What to do if you aren't home at that time

Share your location digitally (Life360 etc)

If someone is crazy with their information, do not mess up!

on the back

★ Find more information on our website (QR codes on the back)



Public Health
Agency of Canada

Agence de la santé
publique du Canada

For more resources, scan the QR code or visit the URL:
serc.mb.ca/intimate-partner-violence-resources-for-2stlgbqia-youth/

