



Youths'
Romantic
Relationships

LOVE WITHOUT
VIOLENCE:
I LIKE IT!

CONFLICT RESOLUTION AMONG ADOLESCENTS AND EMERGING ADULTS IN RELATIONSHIPS

What does the Youths' Romantic Relationships Survey have to say? (2016 - Number 5)

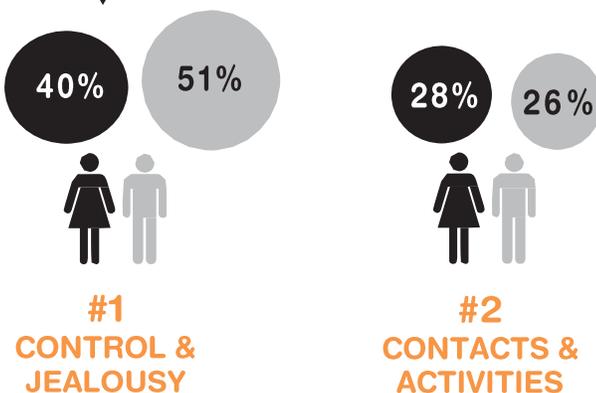
TRUE OR FALSE?

Many adolescents and emerging adults in romantic relationships experience difficulties in their relationship linked to **control and jealousy**.

↳ **TRUE**

In romantic relationships, **control and jealousy** are the sources of **conflict most reported by youth**.

SOURCES OF CONFLICT MOST FREQUENTLY REPORTED BY YOUTH



EXAMPLES OF SOURCES OF CONFLICTS

CONTROL & JEALOUSY

- My partner is jealous when I talk to **other boys/girls**.
- My partner has a hard time **dealing with my ex-boyfriend/girlfriend**.
- My partner doesn't seem to **trust me enough**.

CONTACTS & ACTIVITIES

- My partner **doesn't call me, text me, or send me emails** as often as I would like.
- We never have enough **money or time** to do fun things on dates.

NEEDS & EXPECTATIONS

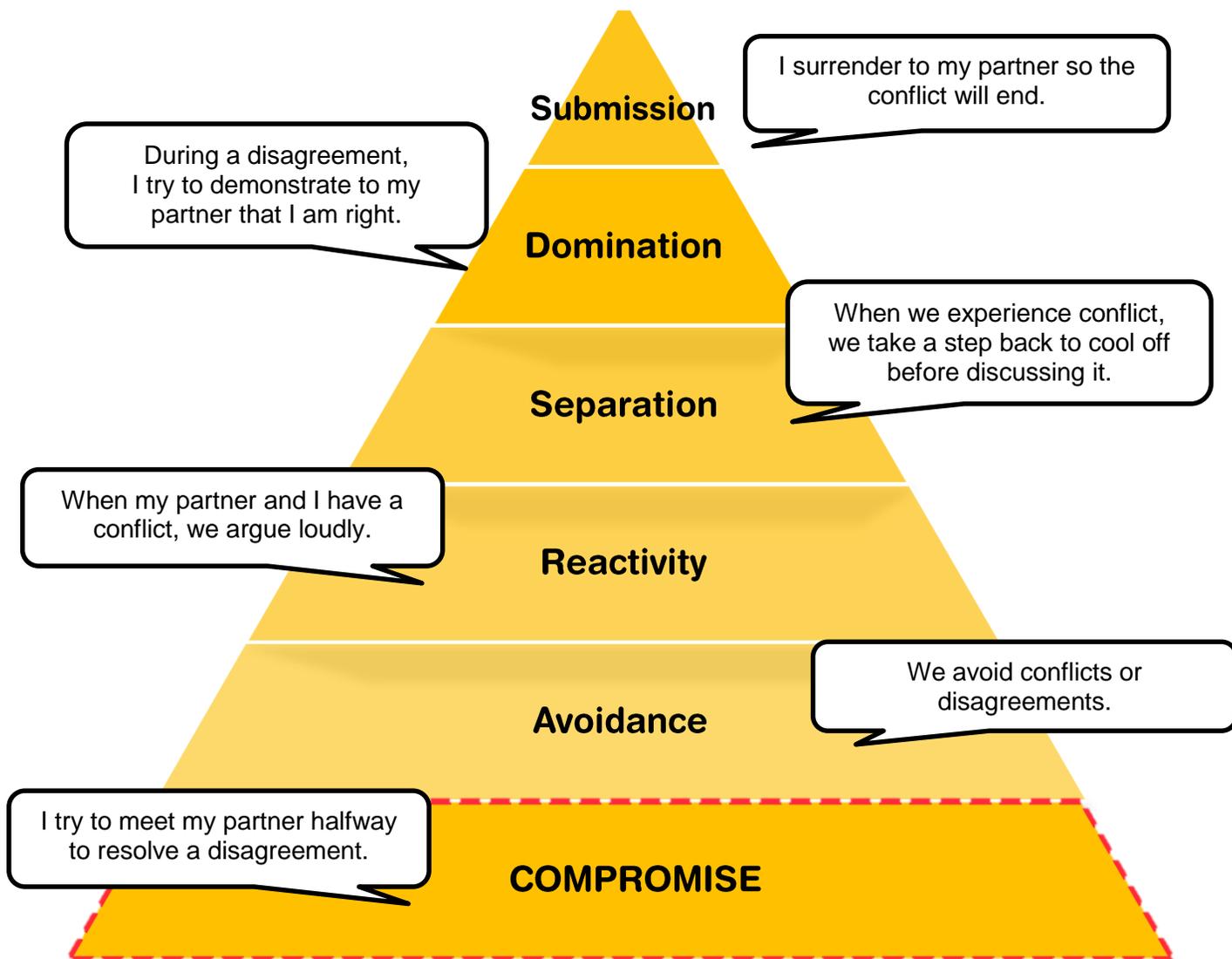
- We have a **different opinion** about the relationship.
- My partner expects me to be **interested in his/her hobbies**.
- My partner and I **disagree** about our **sex life**.

SUBSTANCE USE

- My partner **smokes, drinks, or does drugs** more than I would like.

The Youths' Romantic Relationships (YRR) Survey is a study conducted between 2011 and 2014 among 2nd cycle high school youth ages 14-18 years. Findings presented in this fact sheet are from a portion of the study on couple interactions comprised of 101 couples of adolescents and emerging adults. The study is led by Martine Hébert, Ph.D., and funded by the Canadian Institutes of Health Research (CIHR #103944).

WHAT CONFLICT RESOLUTION STRATEGIES DO COUPLES USE?



DID YOU KNOW!?!

Only 5 % of youth sought support to help them manage conflicts in their relationship.

In your opinion, why are they so reluctant to seek help?

It is normal to experience conflicts within a relationship. As a couple, it can represent an opportunity to better define your needs and expectations.

What is important is to communicate your point of view while respecting one another.

You want to talk about a situation that is worrying you?
You can reach

TEL-JEUNES
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