



HEALTHY RELATIONSHIPS

what's healthy, what's not, and defining your relationship values

FAST FACTS

- It's normal to start exploring romantic relationships or start to date between ages 11-14. It's also normal not to.
- One in 10 teens experience violence in a relationship. This is not okay.
- A key ingredient in healthy sexual relationships at all ages is **consent**. Whether you're holding hands, kissing, touching, having sex, or anything else, it's important for partners to feel emotionally and physically comfortable.

RELATIONSHIP CHARACTERISTICS



HEALTHY RELATIONSHIPS

Respect
Consent
Trust
Equality
Honesty
Open communication
Kindness



UNHEALTHY RELATIONSHIPS

Disrespect
Crossed boundaries
Pressure
Power imbalance
Dishonesty
Poor communication
Rudeness



ABUSIVE RELATIONSHIPS

Control
A partner is forced to do something
Violence
Manipulation
Accusations
Name-calling

TEENS: LET'S TALK

Which relationship characteristics (above) are most important to you? Do you have these things in your close relationships?

It can be helpful to identify what you value in your relationships and think about if you are getting what you value.

Have you thought about your boundaries for physical touch? We can talk about setting and communicating about

boundaries if that is helpful. And, if your boundaries have been crossed we can find supportive resources.

Is thinking and talking about your relationships useful to you? There's a good Healthy Relationships quiz at: tinyurl.com/HealthyRelQuiz

PARENTS: KEEP TALKING

As a parent, your words and actions can help your teen form healthy relationships now and in adulthood. Keep talking about relationships:

Say, "You deserve to be treated with respect. Trust your instincts."

Ask, "Do you see examples of healthy relationships among your friends? Any unhealthy ones? What do you notice?"

Make a plan. Say, "If you ever feel unsafe or uncomfortable, text me [or another trusted adult]. I won't ask you anything until the next day and I won't try to make you tell me anything. I just want you to be safe."

Ask, "Where will you be? Who will be there? When will you be home?"

Get more ideas to keep talking. Check out: futureswithoutviolence.org/talk-teens-teen-dating-violence

GREAT RESOURCES ON RELATIONSHIPS AND DATING VIOLENCE

 futureswithoutviolence.org

 loveisrespect.org

 National Dating Abuse Helpline (anonymous and confidential): 1-866-331-9474 or TEXT: LOVEIS to 22522

Toolkit for Adolescent Care