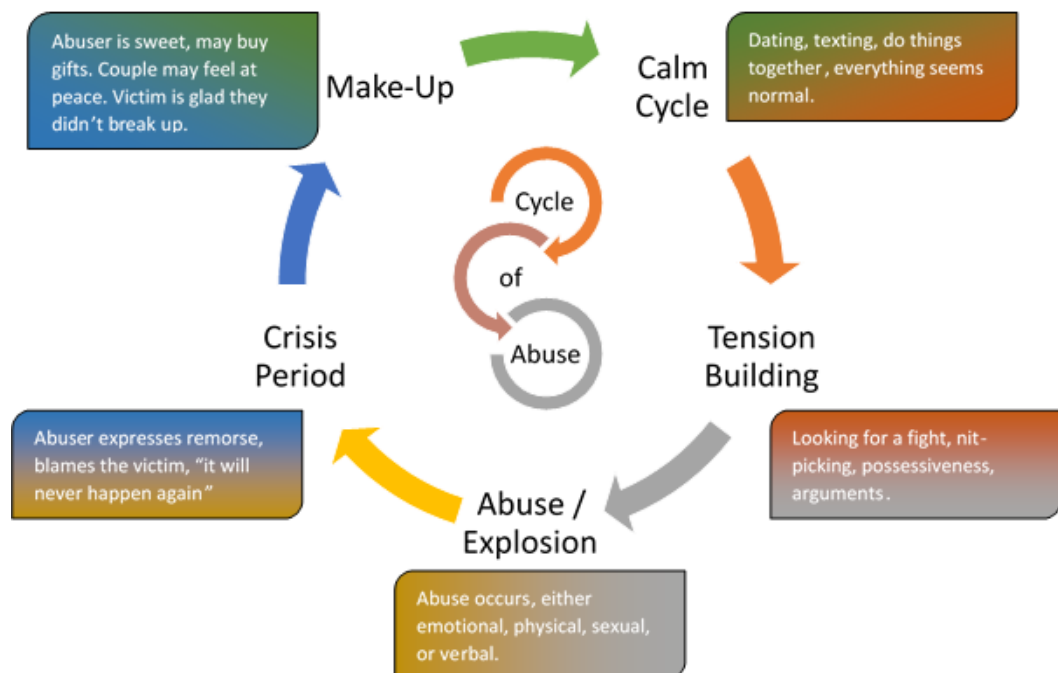


Healthy Versus Unhealthy Relationships

<i>Healthy Relationships</i>	<i>Unhealthy Relationships</i>
Equality: You make decisions together, like choosing what movie to see.	Control: One of you makes all the decisions and is very demanding, such as telling the other person what to do, wear, or who to hang out with.
Honesty: You can share your feelings, thoughts, concerns, and fears with each other.	Dishonesty: One of you tells lies or hides things from the other person. Or even steals the other person's things.
Physical safety: You feel safe, and you aren't afraid of getting hurt.	Physical abuse: One of you hits, slaps, grabs, or shoves the other person on purpose.
Respect: You treat your boyfriend/girlfriend like you want to be treated. You accept each other's opinions, friends, and interests and listen to each other.	Disrespect: One of you makes fun of the other person's opinions, looks, etc. There's no consideration for the other person's feelings and thoughts.
Comfort: You feel great being yourself. You're okay with saying, "I'm sorry."	Intimidation: One of you makes threats like "I'll break up with you if you..." One of you might be afraid to disagree with the other person.
Sexual respectfulness: You never force sexual activity or insist on doing something your boyfriend/girlfriend isn't comfortable with.	Sexual abuse: One of you uses pressure or force to engage in sexual activity when the other person does not want to.
Independence: You don't depend on the relationship to feel good about yourself. You have other friends and hobbies, and you feel you can end the relationship if you need to.	Dependence: One of you thinks, "I can't live without you." There may be threats to do something drastic if the relationship ends.
Humor: You have fun in the relationship! You laugh a lot together.	Hostility: One of you is just plain mean.





Warning signs of someone being abused:

- » Depression or loss of confidence
- » Loss of interest in activities and hobbies
- » Noticeable changes in eating or sleeping patterns
- » Worrying about making a dating partner angry or jealous
- » Excuses the dating partner's bad behavior
- » Isolation from family and friends
- » Spending too much time with a dating partner
- » Suspicious bruises or injuries
- » Alcohol or drug use



Warning signs of an abuser:

- » Insults made to a dating partner in public or private
- » Controlling behaviors (controlling how a dating partner dresses or acts, who he/she spends time with, checking in constantly)
- » Personal history of aggression, bullying, or having trouble controlling anger
- » Threats to hurt self or others
- » Damaging a dating partner's personal belongings
- » Extreme jealousy



What to do if someone you know is being abused:

- » Don't be afraid to reach out to a friend who you think needs help
- » Believe what they say if they tell you they are being abused
- » Listen without judging, blaming, or telling them to break up.
- » Let them know that it is not their fault.
- » Help them think about someone they trust who might be able to help; this could be a parent or other adult; a pastor, priest, rabbi, or trusted youth group leader; a trusted friend; or older sibling.
- » Help them develop a safety plan.
- » Don't contact their abuser or publicly post negative things about them online. It'll only worsen the situation for your friend.
- » You can contact the National Teen Dating Abuse Helpline:
Call 1-866-331-9474
Text loveis to 22522

