

Healthy Relationships and Teens

Did you know...

- ◊ 1 in 3 teens report knowing a friend or peer who has been hit, punched, slapped, choked or physically hurt by his/her partner (Liz Claiborne Inc. study on teen dating abuse conducted by Teenage Research Unlimited, February 2005).
- ◊ 1 in 5 female high school students reports being physically and/or sexually abused by a dating partner (Silverman, and Clements, 2004).



If you feel you are a victim of teen dating violence, contact the Teen Hotline at 1-866-331-9474 for free and confidential help. The Lucas County Domestic Violence Community Resource Guide can be accessed at www.fcpc.org. For information on a local support group for teens, contact Family and Child Abuse Prevention Center at 419/244-3053.

What's Healthy:

Positive Communication- Your partner is usually kind and sensitive to your feelings and those of others. He/she expresses feelings appropriately and is supportive of your actions. You are able to talk through disagreements without threats.

Maintaining other Relationships- It's cool being a couple, but you realize you and your partner still belong to the rest of the world. You have special private time together, but remember couples consist of "me", "you", and "us". You each have a life of your own.

Independence- Becoming a couple doesn't mean giving up who you are. In a solid relationship, support and encouragement are given when you pursue your own interests or activities.

Respect- Your partner asks your opinion. You treat each other like equals. Both of you talk and listen during conversations. You take turns deciding on where to eat or what movie to see. You are proud of each other's accomplishments and ambitions.

Self Control- Your partner expresses anger appropriately. Anger focuses on issues and problems, not on the personalities of others.

Touching- Holding hands, hugging, and kissing. These are the kinds of touches you should be experiencing. Touches that show caring and concern.

Accepting Responsibility for Actions- Your partner is able to admit mistakes and apologize. Your partner validates your feelings.

Unrealistic Expectations- Your partner is overly dependent on you to meet all of his/her needs. Expects you to be a friend, parent, and romantic interest.

What's Not:

Verbal and Emotional Abuse-

Name-calling, accusations of untrue behavior, put-downs, yelling, public humiliation & embarrassment. Making threats like, "If you leave me, I'll kill myself." Tells your secrets. Tries to control what you do. Treats you like a servant.

Isolation- Gives you a hard time about having friends. Doesn't want you to share your time or give your attention to anyone else, including your family. Decides who you can talk to and won't let you go places without him/her.

Extreme Jealousy- Your partner gets mad if you talk to other people or have good friends. Accuses you of being unfaithful without reason.

Controlling Behavior- Your partner makes all the decisions. Your point of view is not very important. Tries to tell you what to wear, how to do your hair, who to talk to, and where to go.

Physical Abuse- Holding you down, pushing, hitting, slapping, shoving, biting,

grabbing, hair pulling, throwing objects.

