



# Healthy Teen Relationships

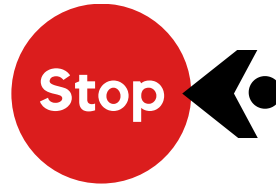
1 in 3 high school students have been or will be in an abusive relationship.

[www.dvs-or.org/teen-dating-violence-statistics/](http://www.dvs-or.org/teen-dating-violence-statistics/)

God has not given us a spirit of fear, but of power and of love and of a sound mind

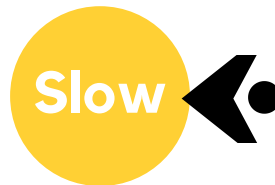
2 Timothy 1:7

Healthy relationships are based on healthy thinking. Feeling-based decisions can easily lead you into a toxic relationship and keep you there.



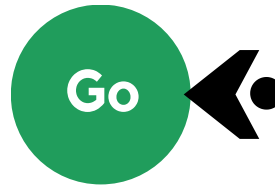
## UNSAFE/UNHEALTHY

Disrespectful Thinks of self  
Untrustworthy Angry outbursts  
Critical of you Controlling & Jealous



## CAUTION ▶ RED FLAGS ▶

Wants to be with you a lot  
Texts you all the time  
Jealous of your time & attention  
Asks you to wear certain clothes  
Checks your phone to "protect you"



## SAFE/HEALTHY

Respectful Self-controlled  
Trustworthy Thinks of others  
Accepts you Freedom



BOUNDARIES ARE SAYING "NO" TO ANYTHING IN THE RED ZONE.

IT IS OK TO SAY NO!

## WHEN CHRISTIAN VALUES can get you into trouble

**Your STRENGTH**

**Can become a WEAKNESS with someone unhealthy**

**YOUR COMPASSION** →

Can keep you in an **UNHEALTHY RELATIONSHIP**

**YOUR KINDNESS** →

Can enable **TOXIC BEHAVIOR**

**YOUR GRACE** →

Can enable **IRRESPONSIBLE BEHAVIOR**

“ADVICE FROM A DOMESTIC ABUSE SURVIVOR

Don't compromise yourself, your dignity, your values, or your interests to keep a relationship.

- Penny



Learn more about Teen Dating Abuse

You need to be a healthy you to be able to draw healthy boundaries.

You are not someone else's healer or Savior, Jesus is!