

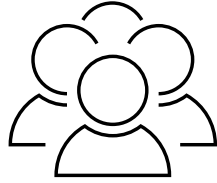


Healthy Teen Relationships

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

www.dvs-or.org/teen-dating-violence-statistics/

1 in 4 teens is harassed or abused through technology*

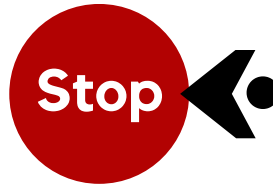


www.futureswithoutviolence.org/children-youth-teens/

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

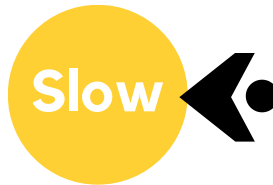


BOUNDARIES ARE SAYING "NO" TO ANYTHING IN THE RED ZONE. IT IS OK TO SAY NO!



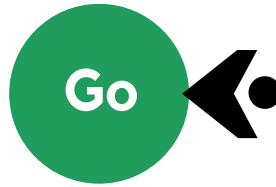
UNSAFE/UNHEALTHY

Disrespectful
Untrustworthy
Critical of you
Thinks of self
Angry outbursts
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
Trustworthy
Accepts you
Self-controlled
Thinks of others
Freedom

DARE TO CARE about yourself & your friends

- C** Create healthy boundaries - Learning to say "No"!
- A** Ask for help from a trusted friend or adult
- R** Reach out to a friend you are worried about
- E** Educate yourself and others

ADVICE FROM A DOMESTIC ABUSE SURVIVOR

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

- Penny

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

You are NOT responsible for another person.



Learn more about Teen Dating Abuse