

Healthy Relationships and Teen Dating Violence



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What makes a healthy relationship?

- **Respect** - Valuing each person as an individual. That means learning about the other person and what is important to them.
- **Trust** - You feel that you can count on each other and that the other person will be there for you. Trust needs to be earned over time and can be lost with a broken promise.
- **Honesty** - Being truthful about thoughts and feelings. Your friend wants to know the “real” you.
- **Communication** - How we show respect, trust and honesty. It requires listening & sharing thoughts & feelings.

Workbook of Activities to promote Healthy Relationships for Youth to Adult:

<http://westernhealth.nl.ca/uploads/Addictions%20Prevention%20and%20Mental%20Health%20Promotion/Healthy%20Relationships%20Resource%20Kit%20-%20Western.pdf>



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What makes an unhealthy relationship?

- Teasing or bullying
- Power struggles
- Angry outbursts
- Negative peer pressure
- Put-downs
- Control



How To Help

- Explain what an unhealthy relationship is
- Define, model, and give examples of what a healthy relationship is
- Discuss digital abuse
- Help them define boundaries
- Look for signs of an unhealthy relationship and talk
- Ask for help when needed

[How to Talk to Kids about Healthy Relationships:](https://www.poehow-to-talk-with-kids-about-healthy-relationshipsealth.org/)
[https://www.poehow-to-talk-with-kids-about-healthy-relationshipsealth.org//](https://www.poehow-to-talk-with-kids-about-healthy-relationshipsealth.org/)



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What is a **Healthy** Relationship?

Healthy relationships are enjoyable and respectful and provide opportunities for many positive experiences that affect self esteem. They include:

- Individual identity and freedom
- Encouragement and support
- Boundaries
- Cooperation and compromise
- Consideration



What is an **Unhealthy** Relationship?

In some conflict situations, people may use behaviors that are considered unhealthy or abusive, and may include the following:

- Physical: slapping, pushing, punching
- Emotional: making degrading comments, ignoring, isolating, controlling friendships and/or activities, threatening
- Sexual: unwanted touching, forced or coerced sex
- Financial: taking or withholding money, controlling spending



Teen Dating Violence

Teen dating violence (TDV) is defined as a pattern of abuse or threat of abuse against teenaged dating partners, occurring in different forms, including verbal, emotional, physical, sexual and digital. TDV occurs across diverse groups and cultures.



Resources/Where To Get Help

MyPlan app helps with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship.

National Dating Abuse Helpline provides 24-hour national web-based and telephone resources to help teens experiencing dating abuse. Young people (as well as concerned friends, parents, teachers, clergy, law enforcement and service providers) anywhere in the country can call toll free, 1-866-331-9474, text “loveis” to 22522, or log on to the interactive website, **loveisrespect.org**, and receive immediate, confidential assistance.



Circle of 6 app Circle of 6 is an iPhone app for college-aged students and their friends to stay close, stay safe, and prevent violence before it happens. The design is simple. It takes two touches to get help and they use icons to represent actions, so that no one can tell what you're up to if they see your phone. The design ensures safety, speed and privacy.

Break the Cycle a national nonprofit organization that provides preventive dating and domestic violence education and outreach to teens and young adults.

