



# Teen Dating & Healthy Relationships

Discussing the characteristics of healthy relationships with pre-teens and teenagers is becoming increasingly important.



In fact, studies show that dating abuse can start as early as middle school and that 10% of high school students report physical violence in their dating relationships. More alarmingly, 100% of those victimized through teen dating violence were reported to be in violent adult relationships five years later



## Signs Of A Healthy Relationship

- ❖ In a healthy relationship, both people feel good about themselves individually, and as a couple.
- ❖ Realistic expectations and reasonable boundaries are set and honored.
- ❖ Healthy relationships start when a couple is on the same page and are able to be open, honest, and respectful of one another.
- ❖ Compromise: In a dating relationship, each partner does not always get his or her way. Each should acknowledge different points of view and be willing to give and take.
- ❖ Individuality: Neither partner should have to compromise who he/she is, and his/her identity should not be based on a partner's. Each should continue seeing his or her friends and doing the things he/she loves. Each should be supportive of his/her partner wanting to pursue new hobbies or make new friends.

- ❖ Being true to yourself
- ❖ Respect
- ❖ Talking openly
- ❖ Making decisions together
- ❖ Compromise
- ❖ Anger/ Jealousy management



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## -Signs Unhealthy Relationships-

Unhealthy relationships develop when one person feels uncomfortable, scared or intimidated.

Unhealthy relationships are marked by characteristics such as disrespect and control. It is important for youth to be able to recognize signs of unhealthy relationships before they escalate. Some characteristics of unhealthy relationships include:

- ❖ **Control**: One dating partner makes all the decisions and tells the other what to do.
- ❖ **Hostility**: One dating partner picks a fight with or antagonizes the other dating partner.
- ❖ **Dishonesty**: One dating partner lies to or keeps information from the other.
- ❖ **Disrespect**: One dating partner makes fun of the opinions and interests of the other partner.
- ❖ **Dependence**: One dating partner feels that he or she “cannot live without” the other.
- ❖ **Intimidation**: One dating partner tries to control aspects of the other's life by making the other partner fearful or timid.
- ❖ **Physical violence**: One partner uses force to get his or her way (such as hitting, slapping, grabbing, or shoving).
- ❖ **Sexual violence**: One dating partner pressures or forces the other into sexual activity against his or her will or without consent.



## How can I help if someone I know is in a unhealthy relationship?



Be supportive, Listen, Don't Judge, Tell a Trusted Adult, Guardian, or Friend

New Mexico Crisis and Access Line

24 hours a day, 7 days a week, 365 days a year

1-855-NMCRISIS (662-7474)

TTY 1-855-227-5485

711 for relay (hearing & speech impaired)

New Mexico Peer-to-Peer Warm line

Call 7:00am – 11:30pm or text 6pm – 11pm every day

1-855-4NM-7100 (466-7100)

711 for relay (hearing & speech impaired)

