

# RELATIONSHIPS & TEEN VIOLENCE



Navigating relationships can be difficult at any age. For youth & teens, relationships can feel even more complex and confusing. It is important for youth & teens to be informed on what healthy and unhealthy relationships look like to ensure educated choices can be made.

## The DO'S & DON'T'S OF A RELATIONSHIP

- Have fun together more often than not.
- Each enjoy spending time separately.
- Always feel safe with each other.
- Trust each other.
- Are faithful to each other.
- Support each other's individual goals.
- Respect each other's opinions, even when they are different.
- Solve conflicts *without* putting each other down, cursing at each other or making threats.
- Both accept responsibility for their actions.
- Both apologize when they are wrong.
- Each have equal decision-making power in the relationship.
- Each control their own money.
- Encourage each other's interests.
- Have some privacy; your letters, diary, personal phone calls are respected as your own.
- Have close friends and family who like the other person and are happy about your relationship.
- Never feel pressured for any sexual activity.
- Communicate about sex if your relationship is sexual.
- Allow each other 'space' when you need it.
- Always treat each other with respect.
- Gets extremely jealous or accuses the other of cheating.
- Puts the other down by calling names, cursing or making the other feel bad about themselves.
- Yells and treats the other like a child.
- Doesn't take the other person, or things that are important to them seriously.
- Doesn't listen when the other talks.
- Frequently criticizes the other's friends or family.
- Pressures the other for sex, or makes sex hurt or humiliating.
- Has threatened to hurt the other or commit suicide if they leave.
- Cheats or threatens to cheat.
- Tells the other how to dress.
- Has ever grabbed, pushed, hit or physically hurt the other.
- Blames the other for their own behavior.
- Embarrasses or humiliates the other.
- Smashes, throws or destroys things.
- Tries to keep the other from having a job or furthering their education.
- Plays mind games.
- Goes back on promises.
- Acts controlling or possessive.
- Uses alcohol or drugs as an excuse for hurtful behavior.
- Depends completely on the other to meet social or emotional needs.

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## How do I know if my intimate relationship is abusive?

*You may be in an abusive relationship if your partner:*

- Won't let you talk to other people, even if they are your friends.
- Partner is very jealous.
- Constantly puts down what you wear and what you do.
- Likes to scare you by driving too fast or doing reckless things.
- Wants to know where you are and who you are with at all times.
- Tells other people about things you did or said that embarrass you or make you feel stupid.
- Gets 'carried away' during horseplay and hurts you, or holds you down and makes you feel helpless until you give in or feel humiliated.
- Becomes very angry about small things; like not being ready on time for a date or wearing the 'wrong' clothes.
- Puts your friends down and asks you to stop seeing them.
- Does not like your friends or your family.
- Does not want to do any of the things that are you interested in.
- Becomes angry or violent when using alcohol or drugs.
- Forces you to do anything sexual that you don't feel ready to do; either by physical force, put downs, coercion, threats or other emotional pressures.
- Continually tells you that you are stupid, fat, lazy, ugly, and so on.
- Makes misogynistic jokes about women.
- Makes threats about hitting you, hurting your friends or pets.
- Threatens suicide if you leave or end the relationship.
- Has ever hit you or yelled at you, regardless of how sorry they may feel afterwards.
- Throws things or punches things (the wall) in attempt to scare you.
- Keeps you from attending work or does not allow you to have a job.
- When you express your concerns, your partner says that you're making things up, calls you crazy, etc.

**24/7 Crisis Line: 613-966-3074 or toll free 1-800-267-0533**