



## RELATIONSHIPS & TEEN VIOLENCE

### THE DO'S AND DON'TS OF STARTING A RELATIONSHIP

<i>HEALTHY</i>	<i>UNHEALTHY</i>
<ul style="list-style-type: none"> <li>▪ Have fun together more often than not.</li> <li>▪ Each enjoy spending time separately.</li> <li>▪ Always feel safe with each other.</li> <li>▪ Trust each other.</li> <li>▪ Are faithful to each other.</li> <li>▪ Support each other's individual goals.</li> <li>▪ Respect each other's opinions, even when they are different.</li> <li>▪ Solve conflicts without putting each other down, cursing at each other or making threats.</li> <li>▪ Both accept responsibility for their actions.</li> <li>▪ Both apologize when they are wrong.</li> <li>▪ Each have equal decision-making power in the relationship.</li> <li>▪ Each control their own money.</li> <li>▪ Are proud to be with each other.</li> <li>▪ Encourage each other's interests.</li> <li>▪ Have some privacy; your letters, diary, personal phone calls are respected as your own.</li> <li>▪ Have close friends and family who like the other person and are happy about your relationship.</li> <li>▪ Never feel pressured for sex.</li> <li>▪ Communicate about sex if your relationship is sexual.</li> <li>▪ Allow each other 'space' when you need it.</li> <li>▪ Always treat each other with respect.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Gets extremely jealous or accuses the other of cheating.</li> <li>▪ Puts the other down by calling names, cursing or making the other feel bad about themselves.</li> <li>▪ Yells and treats the other like a child.</li> <li>▪ Doesn't take the other person, or things that are important to them seriously.</li> <li>▪ Doesn't listen when the other talks.</li> <li>▪ Frequently criticizes the other's friends or family.</li> <li>▪ Pressures the other for sex, or makes sex hurt or humiliating.</li> <li>▪ Has threatened to hurt the other or commit suicide if they leave.</li> <li>▪ Cheats or threatens to cheat.</li> <li>▪ Tells the other how to dress.</li> <li>▪ Has ever grabbed, pushed, hit or physically hurt the other.</li> <li>▪ Blames the other for their own behavior.</li> <li>▪ Embarrasses or humiliates the other.</li> <li>▪ Smashes, throws or destroys things.</li> <li>▪ Tries to keep the other from having a job or furthering their education.</li> <li>▪ Plays mind games.</li> <li>▪ Goes back on promises.</li> <li>▪ Acts controlling or possessive.</li> <li>▪ Uses alcohol or drugs as an excuse for hurtful behavior.</li> <li>▪ Depends completely on the other to meet social or emotional needs.</li> </ul>



**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.
- Is often depressed or withdrawn but won't talk about their feelings; puts blame on everyone else.
- Becomes angry or violent when using alcohol or drugs.
- Forces you to do anything sexually that you don't feel ready to do; either by physical force, put downs, threats or other emotional pressure (will tell your mom what you did this last year).
- Continually tells you that you are stupid, fat, lazy, ugly, and so on.
- Has old fashioned traditional ideas of what men and women should be and do.
- Makes awful jokes about women or men.
- Makes threats about hitting you, hurting your friends or pets, or threatening to kill themselves if you don't obey.
- Has ever hit you or yelled at you, regardless of how sorry they may feel afterwards.