

Healthy Relationships

In a healthy relationship, two people enjoy each other's company & have fun together! Healthy relationships take hard work and dedication to these 7 values:

1. Respect
2. Support
3. Fairness/Equality
4. Honesty
5. Trust
6. Separate Identities
7. Good Communication



Signs of a Healthy Relationship

Both people:

- ☺ Listen to each other
- ☺ Trust one another
- ☺ Are considerate & respectful of each other's feelings, opinions, likes and dislikes
- ☺ Are willing to compromise and take turns
- ☺ Encourage one another in their goals and dreams
- ☺ Take responsibility for their own actions and feelings & apologize when necessary
- ☺ Talk out issues with patience, honesty and respect
- ☺ Make sure that sex is based on mutual consent

Help is Available

Dating Violence Resources

Emergencies

911

Free & Confidential 24 hour Hotlines

Franklin County: NELCWIT (413)772-0806

Hampshire County: Safe Passage (413)586-5066

Sexual Assault Hotline for Teens @ UMass Center for Women & Community: (413) 545-0800

Teenline @ Dial Self: (413) 774-7054

Websites

LevelsRespect.org

BreakTheCycle.org

NorthwesternDA.org

Click "Prevention" ⇌ "Domestic Violence"

Seek support from a trusted adult if you or someone you know is experiencing any form of physical, emotional or sexual abuse.

Compliments of the
Office of Northwestern District Attorney
David E. Sullivan



Dating Relationships

A Guide for Teens

How Healthy is YOUR Relationship?

Dating violence can happen to anyone and it's not always easy to tell if it's happening to you.



The information in this guide can help you think carefully about your relationship and how you are being treated by your partner.

NorthwesternDA.org

Defining Abuse

Dating Violence is when one person says or does things in order to gain power & control over someone he or she is dating. Abuse can be physical, sexual, verbal, or emotional.

Abuse can include:

- Violating another's boundaries or personal space
- Making someone afraid
- Preventing someone from doing what he or she wants to do
- Forcing someone to do things he or she does not want to do

Abuse is about POWER & CONTROL

If you are in a relationship with someone who is abusive, it is not your job to try to "fix" or "save" them. If someone is being abusive to you, it is never your fault.

You **DESERVE** a relationship based on love, equality & respect

10% of teens are victims of dating violence each year (youth.gov)

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Five Signs of an Unhealthy Relationship

1. **Quick Involvement**– Gets real serious, real fast. Expects you to commit early on. Threatens suicide and/or to hurt you if you leave the relationship.
2. **Extreme Jealousy**– Claims jealousy is a sign of love. Constantly texts/calls you or checks your social media or email. Needs to know everything about your plans and who you are with.
3. **Controlling Behavior**–Tries to control where you go, who you spend time with, what you wear, etc. using physical harm, threats, or other manipulation.
4. **Unrealistic Expectations**– Expects you to be the perfect partner and meet ALL of their needs. Criticizes the choices you make for yourself.
5. **Mind Games**– Uses guilt, manipulation, or threats to get you to do what he or she wants. Embarrasses or insults you in front of other people. Tries to make you feel guilty and makes excuses for their behavior.



There is NO excuse for abuse.

Break-Ups Can Be Dangerous!

When ending an abusive relationship...

- ▶ **Create a safety plan** which will help keep you as safe as possible. You can talk to an advocate or a counselor about what steps to take beforehand (see back page for info.)
- ▶ **Don't break-up in person if you don't feel safe.** If you do, always meet somewhere public. Plan ahead when you will tell your partner and what you want to say to them.
- ▶ **Be honest and clear**, but not insulting or cruel. That could make the situation worse.
- ▶ **Prepare yourself** for their reaction and trust your own instincts if you feel you are unsafe.

Always have a safety plan for after the break-up and seek support.

How to Help a Friend...

Is someone you know in a controlling or abusive relationship?

Here are some ways you can help:

- ▶ Privately let them know you're there for them
- ▶ Do not judge them or try to tell them they are wrong or bad
- ▶ Remind them they deserve a relationship based on equality, love, and respect
- ▶ Let them know that the abuse is never their fault
- ▶ Offer local resources & people who may be able to help

