



## HEALTHY RELATIONSHIPS

### UNDERSTANDING TEEN DATING VIOLENCE

Healthy relationships are built on respect, trust, consent, boundaries, and communication. When these things are missing, harmful patterns can occur. By raising awareness, we can all recognize red flags and warning signs and take action to build safe, supportive environments.

Teen dating violence is a serious issue that affects millions of young people each year. It includes physical, emotional, sexual, and digital abuse within a relationship and can have long-lasting impacts on mental health, academic performance, social life, and overall well-being. Understanding the dynamics of unhealthy relationships is the first step toward prevention.

Understanding how to recognize the signs of an unhealthy relationship is an important skill that helps protect your emotional, mental, and physical wellbeing. You can learn to set boundaries and make safer choices about who you spend time with. This awareness can help prevent harmful situations from becoming more serious and allows you to reach out for help sooner if something does not feel right.

#### HEALTHY

**A healthy relationship means both you and your partner are:**

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

#### UNHEALTHY

**You may be in an unhealthy relationship if your partner is:**

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically/financially

#### ABUSIVE

**Abuse is occurring in a relationship when one partner is:**

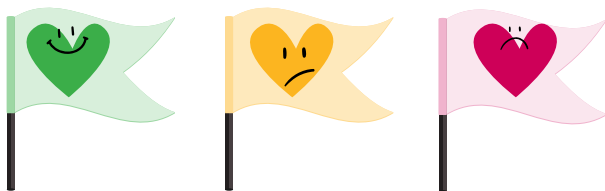
- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Relationships exist on a spectrum from healthy to abusive, with unhealthy relationships falling somewhere in between. Risk factors increase the likelihood of someone becoming involved with violence, while protective factors can help shield individuals from these harmful behaviors.

# DISCOVERY ACTIVITIES

Everyone — friends, families, neighbors, coaches, and community members — plays a role in helping to prevent dating violence. By learning the signs of unhealthy dynamics and practicing everyday behaviors that promote safety and respect, we help create environments where young people can thrive. Some warning signs to look for might include:

- Patterns of control (isolation from friends, checking messages, dictating what someone wears or where they go)
- Threats, insults, name-calling, or humiliation online or in-person
- Pressure around sex or substance use; ignoring boundaries or consent
- Sudden changes in mood, attendance, grades, or social connections



Follow for more resources!

**@freeyourfeelsga**



# RESOURCES

[click here  
to take the  
quiz](#)

**love is  
respect**

Relationship Health: Everyone deserves to be in a healthy relationship. Is your relationship safe and healthy? Scan the QR code to take the quiz.

[Click here  
for a safety  
plan](#)

**NATIONAL  
DOMESTIC  
VIOLENCE  
HOTLINE**

A safety plan is a personalized, practical plan to improve your safety while you're experiencing abuse, preparing to leave an abusive situation, or after you leave. To get started, use this interactive guide to create your safety plan.

[Click here  
for the 988  
website](#)

**988  
SUICIDE  
& CRISIS  
LIFELINE**

988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.