

HEALTHY RELATIONSHIPS

Tips for teens

Healthy dating relationships take effort and patience. There are often new, strong feelings between partners in a dating relationship that can be difficult to navigate in a healthy way. Learning the keys to a healthy relationship can be a good reminder of what to look for and focus on in a relationship.

4 KEYS TO A HEALTHY RELATIONSHIP



Trust



Honesty



Respect



Communication

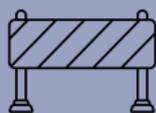
In a strong relationship, there is a give and take. This means that the two people in the relationship don't keep score or hold things against one another. Looking for ways to support one another and sticking to the 4 keys to a healthy relationship can be a good foundation.



Trust what your relationship partner says. Show that you are worthy of being trusted. It's a two-way street.



Be honest with how you feel, even if things get uncomfortable. If you are dishonest or don't share the truth, more harm can be done.



Set physical and emotional boundaries and stick to them. Respect the boundaries the other person sets.



Communicate well both in person and over the phone. Boundaries and expectations apply online too.

RELATIONSHIP CONCERNS

In any relationship, there is the possibility of unhealthy or concerning behaviors to come up. Knowing what concerns to look for is important. If you experience serious concerns, your safety comes first and you should tell a trusted adult. Some of the signs include:

- Pressure to quit things you enjoy, like sports or music
- Avoiding one another
- Feeling pressure to change or do something uncomfortable
- Criticizing or trying to control your actions, fashion, or communication
- Feeling obligated to spend time together
- Any physical or emotional abuse
- Not respecting established boundaries

NATIONAL TEEN DATING VIOLENCE AWARENESS

February is National Teen Dating Violence Awareness Month. 1 in 3 teens in the US experiences physical, emotional, or sexual abuse from a relationship partner before they become adults. If you end up in an abusive or unsafe relationship, talk to a trusted adult. If you need more information or help, here are some resources to look into:

- National Teen Dating Abuse Helpline: 1-866-331-9474
- Text LOVEIS to 22522
- Talk with someone on loveisrespect.org
- <https://students.bloom365.org/>

EFFECTS OF TEEN DATING VIOLENCE ON TEEN'S HEALTH

Teen dating violence is associated with unintended teen pregnancy, sexually transmitted infections, injuries, substance use, poor mental health and thoughts of suicide. It can lead to future relationship problems and increase the likelihood of being a victim or perpetrator of intimate partner violence.

- <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/teen-dating-violence>

MENTAL HEALTH SUPPORT

If you are experiencing a mental health concern, such as anxiety or depression, it may be time to consider mental health services. Touchstone's Health Services offers behavioral health services in partnership with your school. For information about our services, go to www.touchstonehs.org.

If you are interested in enrolling with us, talk with your parent or guardian. They can reach out to your school counselor or other administrator to discuss a referral and start the process.