

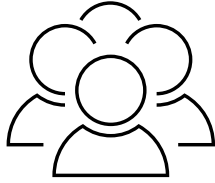


# Healthy Teen Relationships

1 in 3 high school students have been or will be in an abusive relationship.

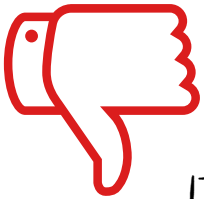
[www.dvs-or.org/teen-dating-violence-statistics/](http://www.dvs-or.org/teen-dating-violence-statistics/)

1 in 4 teens is harassed or abused through technology\*



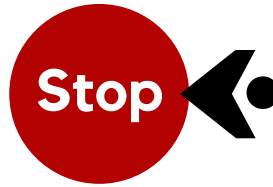
\*[www.futureswithoutviolence.org/children-youth-teens/](http://www.futureswithoutviolence.org/children-youth-teens/)

Healthy relationships are based on healthy thinking. Feeling-based decisions can easily lead you into a toxic relationship and keep you there.



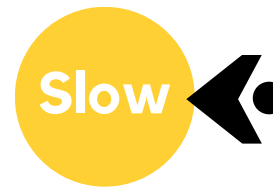
BOUNDARIES ARE SAYING "NO" TO ANYTHING IN THE RED ZONE.

IT IS OK TO SAY NO!



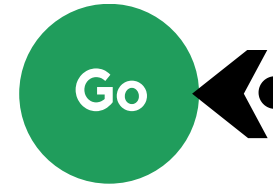
## UNSAFE/UNHEALTHY

Disrespectful Thinks of self  
Untrustworthy Angry outbursts  
Critical of you Controlling & Jealous



## CAUTION RED FLAGS

Wants to be with you a lot  
Texts you all the time  
Jealous of your time & attention  
Asks you to wear certain clothes  
Checks your phone to "protect you"



## SAFE/HEALTHY

Respectful Self-controlled  
Trustworthy Thinks of others  
Accepts you Freedom

## DARE TO CARE about yourself & your friends

- C** Create healthy boundaries - Learning to say "No"!
- A** Ask for help from a trusted friend or adult
- R** Reach out to a friend you are worried about
- E** Educate yourself and others



Learn more about  
Teen Dating Abuse

## ADVICE FROM A DOMESTIC ABUSE SURVIVOR

Don't compromise yourself, your dignity, your values, or your interests to keep a relationship.

- Penny

You need to be a healthy you to be able to draw healthy boundaries.

You are NOT responsible for another person.