

HOW'S YOUR RELATIONSHIP

Try this quiz!

Does your boyfriend or girlfriend:

1. Treat you as an equal?
 2. Often seem jealous or angry?
- Always decide what you both will do?
4. Respect your friends and family, and the time you spend with them?
 5. Call or text you in unwanted ways - for example, to check up on you all the time?
 6. Really listen to you, and respect what you have to say?
 7. Often say things that hurt your feelings?

HOW'D YOU DO?

A person in a healthy relationship would answer "yes" to questions 1, 4, and 6, and "no" for questions 2, 3, 5, and 7. If some of your answers didn't match these, the tips in this guide could help.

CONTACT US



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Healthy Relationships For Teens



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QUALITIES OF A HEALTHY RELATIONSHIP

- Trusting of each other
- Respectful of each other
- Value each other's views
- Support each other's goals
- Make decisions together
- Understanding of alone time or time with family
- Accepting of the other's differences
- Express feelings without fear

TIPS FOR HEALTHY DATING

- Get to know the person first to find out if there are similar interests and values.
- Make your boundaries **very** clear! Tell the other person what you are and what you are not comfortable with. This can be difficult and awkward but can help reduce risk of being hurt, physically or emotionally.
- Don't rush the relationship. Trust can take time to develop. Signs of a relationship moving too quickly could be someone pressuring you to have sex or "sexting".

RECOGNIZING ABUSE

Abuse can be emotional. This type of abuse is often difficult to identify but it never belongs in a healthy relationship. Emotional abuse can look like: someone trying to insult you/put you down, harass or embarrass you, spy on you, or even make threats to hurt you or themselves.

"Digital Abuse" is on the rise. This involves the use of technology (cellphones, email, texting, social media) to control or harass you.

Physical abuse can be easier to spot but not always easy to get away from. Some examples are: slapping, hitting, kicking, grabs you, tries to choke you, or even uses a weapon on you.

Sexual abuse is another form of abuse. This involves any unwanted sexual contact.

Some conflicts in a relationship is normal.



WHAT TO DO

Try to face the truth. You may love the person or they may promise to change but staying in the relationship could be dangerous.

Don't accept excuses. The person may try to defend themselves and place the blame on you. You are not to blame for their actions.

Talk to an adult you trust. Explain to them what is happening and ask for help. You can always call the crisis hotline at 301-645-3336.