



TEEN DATING

PROMOTE HEALTHY SOCIAL AND
PARTNER RELATIONSHIPS

Unlike a Disney romance, a healthy dating relationship requires a lot of work, positive communication, compromise, respect, and so much more. February is Teen Dating Violence Awareness and Prevention Month. Help your teens learn about healthy relationships and green flags.

WHAT IS A HEALTHY DATING RELATIONSHIP?

Without knowing what healthy relationships look like, teens can fall into unhealthy patterns. Almost one in five teens have reported being in an unhealthy relationship. Nurturing, involved, and supportive family and peers can decrease the likelihood of teenagers being mistreated in relationships. It is important for teenagers to understand and insist on healthy relationships.

RELATIONSHIP GREEN FLAGS

Compromise: You're not always going to get your way. Both partners should appreciate each other's viewpoints and embrace the art of give and take. Sure, everyone argues now and then, but those who stay on topic and steer clear of insults are the ones who find real solutions.

Good Communication: Honesty and openness are key to dodging miscommunications. If one partner needs some time to sort out feelings, the other should respect that space and wait until the person is ready to chat.

Support: You're there for each other in the tough times and ready to celebrate when life is good. Taking the time to understand what your partner might be feeling is crucial.

Respect: Valuing each other means understanding and not challenging each other's boundaries.

Individuality: Remember, you both had your own lives before dating, and that shouldn't change. Don't compromise who you are. Each partner should continue enjoying his or her own friends and hobbies and be supportive of each other's new interests.

Trust: Imagine you're chatting with someone from class and your partner walks by. It's natural to feel a bit jealous, but it's all about how you handle that emotion. Trust your partner and give the partner the benefit of the doubt.

Honesty: This goes hand in hand with trust. You can't have trust if honesty is lacking. Being truthful strengthens the relationship.



To learn more about teen dating violence and dating relationships, check out www.loveisrespect.org/.