



KNOW HEALTHY RELATIONSHIPS

For information on Start strong Idaho, a program to promote health relationship skills for 11 to 14 year olds go to www.startstrongidaho.com.

For information on the Idaho Teen Dating Violence Awareness & Prevention Project, for 13 to 18 years olds go to www.nomeansknow.com

Start Strong Idaho No Means Know

Friends, girlfriends, and boyfriends—all deserve healthy relationships.

Are your relationships healthy?

Respect: Are you accepted for who you are? No one should pressure you into doing things you are not comfortable with such as drinking, drugs, or unwanted physical contact.

Safety: Do you feel safe emotionally and physically? Emotional safety means you feel comfortable being you without fear of being put down. Physical safety means you are not being hurt or pressured into unwanted physical contact.

Support: Do your friends care for you and want what is best for you? Your friends should understand if you can't hang out because you have to study or if you have plans with other friends.

Individuality: Do you pretend to like something you don't or be someone you aren't? Be yourself; after all, being an individual is what makes you, you!

Fairness and Equality: Do you have an equal say in relationships? From the activities you do together to the friends you hang out with, you should have equal say in the choices made in relationships.

Acceptance: Do your friends or girlfriend accept you for who you really are? You shouldn't have to change who you are or compromise your beliefs to make someone like you.

Honesty and Trust: Are you always honest? Honesty builds trust. You can't have a healthy relationship without trust. If you have ever caught your friend or boyfriend or girlfriend in a huge lie you know that it takes time to rebuild your trust.

Communications: Do you talk face to face (not just text!) about your feelings? Listen to one another and hear each

SIGNS OF UNHEALTHY RELATIONSHIPS

- ◆ Texts you all the time to find out where you are, who you're with, or what you're doing.
- ◆ Has to be with you all the time.
- ◆ Refuses to listen to your opinion.
- ◆ Makes all the decisions in the relationship.
- ◆ Makes fun of you or puts you down when you are alone or with friends.
- ◆ Does things to upset you or make you cry.
- ◆ Wants to change who you are.
- ◆ Asks you to give up activities you enjoy.
- ◆ Won't let you hang out with your friends.



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If you think you might be in an unhealthy relationship talk to your parents, your school counselor, or an adult you trust. Or call the National Teen Dating Abuse Helpline. No names. No judging. 24 hours a day, 365 days a year.

1-866-331-9474 or 1-866-331-8453 (TTY)