

RELATIONSHIP ESSENTIALS

Unhealthy

dishonest

manipulative

abusive

Healthy

loyal

respectful

forgiving

Steps of Physical Intimacy

1. EYE TO BODY	8. HAND TO FACE
2. EYE TO EYE	9. FRENCH KISS
3. VOICE TO VOICE	10. NECKING
4. HAND TO HAND	11. TOUCHING ABOVE THE WAIST
5. HAND TO SHOULDER	12. TOUCHING BELOW THE WAIST
6. HAND TO WAIST	13. INTIMATE BODY TOUCHING
7. FACE TO FACE	14. INTERCOURSE

date ideas

- WORK OUT AT A GYM
- COMMUNITY SERVICE/VOLUNTEER
- TRAMPOLINE PARK
- ICE SKATING
- HIKING
- HAVE A PICNIC
- KAYAKING
- DANCING
- GO TO A CONCERT
- BOWLING
- GO FISHING
- PLAY CARDS/BOARD GAMES
- PUTT-PUTT GOLF
- GO FOR A BIKE RIDE
- PAINTBALL
- BASKETBALL, VOLLEYBALL, ETC.
- VISIT A PET STORE
- CARVE PUMPKINS, LOOK AT CHRISTMAS LIGHTS, ETC.
- PLAY VIDEO GAMES
- GO TO THE MOVIES/DRIVE-IN
- GO-KARTS
- BAKING
- ZOO
- TRAMPOLINE PARK
- ESCAPE ROOM
- AMUSEMENT PARK
- DO A PUZZLE
- GO GET ICE CREAM
- GO OUT TO EAT
- LASER TAG

REFERRALS AND RESOURCES FOR HELP

- School personnel
- Parents and guardians
- Local organizations
- [Loveisrespect.org](https://loveisrespect.org)
- National Dating Abuse Helpline:
 - 866-331-9474
 - or text LOVEIS to 22522
 - or live chat at loveisrespect.org/get-help/
- RAINN
 - National Sexual Assault Hotline:
1-800-656-HOPE (4673)
 - or live chat at rainn.org
- Teen Line:
 - Teen-to-teen hotline 1-800-852-8336
- National Runaway Safeline:
 - 800-RUNAWAY (786-2929)
 - or chat at 1800runaway.org/
 - or forums at bulletinboards.1800runaway.org/forum
- [Human Trafficking Helpline](#)