

RELATIONSHIP ESSENTIALS

Unhealthy

dishonest

manipulative

abusive

Healthy

loyal

respectful

forgiving

Relationship Red Flags

- **abuse (physical, mental, emotional, sexual, verbal)**
- **disrespecting boundaries**
- **cheating**
- **repetitive lying**
- **trying to manipulate or control you**
- **attempting to isolate you from friends and family**

Dating Violence

- Dating violence is when someone you are seeing harms you in some way - whether it is physically, sexually, emotionally, or all three. It can happen on the first date or after you have fallen deeply in love.
- DATING VIOLENCE IS NEVER YOUR FAULT
- YOUR SAFETY comes before hurting the other person's feelings.

Watch for, and practice these refusal skills:

- Saying "No" verbally
- Saying no with body language
- Repeating your refusal
- Suggest an alternative
- Use strong words and tone of voice
- Delay to buy more time



Refusal Skills

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
- National Dating Abuse Helpline:
 - 866-331-9474
- 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
- FBI
 - 1-800-CALL-FBI