



## BUILDING A HEALTHY RELATIONSHIP

It can feel great to be in a relationship. During your teen years, dating can be a wonderful way to learn how to be part of a loving, healthy relationship. Friends, girlfriends and boyfriends all deserve healthy relationships. Build a healthy relationship by following these eight steps:

**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? You should feel comfortable being you without fear of being put down. Being hurt or pressured is definitely not safe!

**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.

**Be Yourself.** 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, girlfriend or boyfriend 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 friends or boyfriend or girlfriend in a huge lie, you know that it takes time to rebuild your trust.

**Communication.** Do you talk face to face (not just text!) about your feelings? Listen to one another and hear each other out. Text or Facebook messages should be respectful, not mean or inappropriate.



### DID YOU KNOW

To find more information on Healthy Relationships, check out the information and links on [www.kaitysway.org/teens-page/#is-your-relationship-healthy](http://www.kaitysway.org/teens-page/#is-your-relationship-healthy) and learn about what it means to be in a healthy relationship. Your rights and responsibilities, as well as your boyfriend's/girlfriend's responsibilities and an understanding of what it means to be a couple, is an important part of a healthy relationship.

## YOU KNOW IT'S AN UNHEALTHY RELATIONSHIP IF...

He or She:

- 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
- Doesn't 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
- Pressures you to do things you are not comfortable with
- Makes you feel guilty, "gets back at you" or punishes you for things you do for yourself
- Threatens to hurt you or him/herself as a way to control you

If these things are happening between you and your boy/ girlfriend or you and your friend, you may be in an Unhealthy or abusive relationship and it's probably time to get some help or talk to someone you trust.

If you're wondering if your relationship is healthy, check out the Are You in a Healthy Relationship quiz on the next page.



### DID YOU KNOW

- One in three high school students in the U.S. have been a victim of physical, sexual, emotional or verbal abuse from a dating partner.
- One in 10 high school students has been hit, slapped or physically hurt by a boyfriend or girlfriend.
- Violent behavior typically begins between the ages of 12 and 18.
- Visit [www.loveisrespect.org](http://www.loveisrespect.org) to get more information about dating violence.

## ARE YOU IN A HEALTHY RELATIONSHIP?

### TAKE THE QUIZ AND FIND OUT!

**Healthy** relationships have some things in common – like respect, equality, trust, support, and of course, shared fun. Are your relationships healthy? Take this quiz and find out! Decide who usually does the following in your relationship. Check all the boxes that apply. Then, add the Me and Partner column totals together and see what your score says about your relationship. (Adapted from Start Strong Idaho.)

	NEITHER	ME	PARTNER
Accept each other			
Equal say in relationship, plans, decisions			
Always honest			
Use kind words and touch – never hostile			
Respect decisions without being pushy			
Share things we like about each other			
Supportive of personal goals and school			
Comforting when upset			
Solve problems calmly – no drama			
Respect space for friends, family, self			
Respect privacy including online			
Admit and correct mistakes			
Trusting – not jealous or doubting			
Have fun and feel good about what we do			

#### NOTES

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#### So, do you have a healthy relationship?

**Scores 0 -14: Not!** Real healthy relationships take two. Who’s doing the work? This relationship could be one-sided or nobody’s trying very hard. Hey – it could work with combined effort, but it may be time to get some help or talk to someone you trust.

**Scores 15-21: Potentially.** It might be time for you both to amp up your efforts if you really want it to work. Focus on the good, and work together to raise your score. If you’re doing all the work, consider moving on to make room for a real healthy relationship! Remember – friends are great to practice healthy relationships with too.

**Scores 22-28: Yes!** Healthy relationships take time and effort and you are both doing your part. You have high levels of trust, support, fun, equality, and respect in your relationship. Keep up the good work, keep it real – and it can even get better!

#### References

The National Campaign to Prevent Teen & Unplanned Pregnancy,  
[www.thenationalcampaign.org](http://www.thenationalcampaign.org) Start Strong Idaho campaign materials

## CHAPTER 6 HUMAN TRAFFICKING