



Teen Dating Violence Awareness Month

Parent Edition

Agenda

- Signs of a Healthy & Unhealthy Relationship
- Signs your Teen is in an Abusive Relationship
- Starting the Conversation
- Resources



Signs of a

HEALTHY RELATIONSHIP



Respect



**Negotiation &
Fairness**



**Trust &
Support**



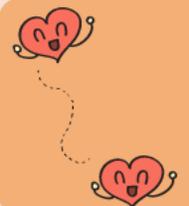
**Non-Threatening
Behavior**



**Honesty &
Accountability**



Communication



**Shared
Power**



**Self-Confidence &
Personal Growth**

Signs of an UNHEALTHY RELATIONSHIP



**Peer
Pressure**



**Minimizing/
Denying/ Blaming**



**Isolation/
Exclusion**



Intimidation



**Sexual
Coercion**



**Using Social
Status**



Threats



**Anger/
Emotional Abuse**

Signs your Teen is an **ABUSIVE RELATIONSHIP**

- Isolated or hanging out with friends less
- Asking their partner for permission to do normal activities
- Not involved in activities that once sparked interest
- Consistently on their phone/avoiding conversation
- Slouched shoulders & minimal eye contact
- Decrease in school performance
- Typically any negative changes in behaviors



Starting the CONVERSATION

- Reinforce that emotional abuse is abuse, too.
- We are all in relationships, talk to them about what it should look like.
- Use outside references like tv and movies and/or social media as reference.
- Talk about all aspects of consent, not just how it relates to sexual activity.
- Find comfortable spaces to start the conversation.
Ex. car rides, walks, etc.



Examples of CONVERSATION STARTERS

- From an outside perspective, you and [partner] seem to be unhappy. But how are you feeling about the relationship?
- This story was on the news. What do you think his or her friends could have done to intervene safely?
- It was so nice when [dating partner] did [behavior] the other day; are they always like that? How did that make you feel?
- I'm happy when you are happy so you know where to find me if that changes.

RESOURCES

- The Rise Up Generation

Contact: Acruz@quigleyhouse.org Hotline: 904-284-0061

Website: QuigleyHouse.org

- The One Love Foundation

Website: Joinonelove.org

- Love Is Respect

Website: LoveisRespect.org



Take Action

- **Talk** not just with your teen, but with your friends and other community members
- **Donate** to Quigley House to help us continue educating our community
- **Volunteer** with us in various roles to help us help the community!

