

If you really loved me  
you would...



STANFORD UNIVERSITY MEDICAL CENTER  
FAMILY ABUSE PREVENTION COUNCIL

# Healthy Teen Relationships

## Does your boyfriend or girlfriend respect you?

A healthy relationship is based on caring and respect. Both partners:

- Communicate openly
- Trust each other
- Share decisions
- Compromise when there is disagreement
- Take responsibility for their own actions

Unfortunately, many teens are involved in relationships that are hurtful. A large percentage of high school and college students know someone who has been hit or beaten by their partner.

The major pattern in these problem relationships is that one person wants to be in control. This person may want to spend all of

their time with you, and act possessive of your time and attention. At first this may seem flattering, but after a while may become suffocating or scary. Some warning signs are:

- Jealousy, accusing you of things you didn't do
- Making all of the decisions about what to do and where to go
- Not letting you hang out with your friends
- Putting you down in front of other people
- Telling you what to wear or how to act
- Texting and checking up on you all of the time
- Blaming you for problems, guilt trip
- Hitting or hurting

- Threatening you if you try to leave
- Forcing sex, refusing to practice safe sex

This situation might make you feel afraid, sad, angry, confused or depressed. It might seem very lonely, because you might feel too helpless or ashamed to tell anyone. Some teens are so stressed that they:

- Let their grades go down
- Drop out of school activities
- Have problems sleeping, headaches, stomach-aches
- Have weight changes
- Turn to drugs or alcohol
- Cut, or harm themselves
- Feel suicidal

## Getting out of a scary relationship

- Tell a friend or relative what is going on, or call teen helpline
- Break up in a public place with friends to support you—breaking up may be dangerous
- Change school route, locker location
- Use buddy system for going places—avoid being alone
- Change email, pager or cellphone number
- Keep spare change or calling card with you
- Find safe places to go to
- Keep a journal describing what happened, for legal action
- Educate yourself about abuse
- If emergency, call 911
- Respect yourself, and know that you deserve a healthy relationship

### What can you do as a friend?

- Listen without judging
- Tell her/him you believe them, it's not their fault, they don't deserve this
- Aid your friend in getting help
- Buddy up for safety
- Be patient and supportive
- Don't confront abuser

### National Teen Dating Abuse Helpline 1-866-331-9474

[www.loveisrespect.org](http://www.loveisrespect.org)

- 24/7 phone hotline—all languages
- Live chat with teenage counselors 4pm—midnight
- Message boards