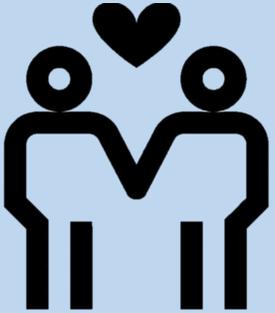


Teen Relationship Abuse can be:



Emotional
Verbal
Financial
Physical
Sexual
Digital
Stalking

Ask yourself: Does my friend...

...check my cell phone without my permission?

...constantly put me down or make false accusations?

...have an explosive temper or use physical force to frighten me?

...act possessive and jealous and tell me what to do?

... use texting or social media to bully, harass, stalk, or intimidate me?

... repeatedly watch, follow, or harass me? Call or text constantly to keep tabs on me?

... keep me away from family or friends?

... pressure me or force me to have sex or other unwanted physical contact?

... hurt me in any way?

... send or ask for inappropriate or explicit pictures?

HEALTHY RELATIONSHIPS FOR TEENS

What you should know:

- abuse can happen to anyone.
- abuse does not exist in a healthy relationship.
- abuse is about power and control.
- abuse usually escalates over time.
- abuse is never the victim's fault.

GET HELP

-SafeUT application or online:

<https://healthcare.utah.edu/uni/safe-ut/>

-Child Abuse Hotline (855) 323-3237

-24-hour domestic violence/sexual assault help line: (435) 628-0458

-Children's Justice Center: (435) 634-1134

www.cjccw.com

-DOVE Center Outreach (435) 628-1204

-Parent Resources:

www.defendinnocence.org

-Prevent Child Abuse Utah: www.pcautah.org

-Rape, Abuse & Incest National Network:

www.rainn.org

Feeling uncomfortable?

- Trust your gut.
- Remind yourself this isn't your fault.
- Have a code word with family and friends.
- Think of an escape route in case you need to leave quickly.



You have the right to:

- Be respected, valued, and safe.
- Be loved and heard.
- Privacy.
- Disagree and say "No."
- Be in charge of your own body, feelings, boundaries, and property.
- Not be physically, emotionally, or sexually abused.
- Keep relationships with family and friends.
- Set priorities, make decisions, and grow individually.
- Have your needs be as important as others'.
- Pay your own way.
- Take responsibility for your own choices but not for anybody else's.
- Decide how much time you want to spend with others.

10 SIGNS OF AN UNHEALTHY RELATIONSHIP

- 1 INTIMIDATION**
Making someone afraid by using looks, actions, gestures, or weapons. Smashing things, abusing pets.
- 2 INTENSITY**
Expressing very extreme feelings and over-the-top behavior that feels overwhelming.
- 3 DENIAL AND BLAME**
Saying the abuse didn't happen and shifting responsibility from the abuser to the victim.
- 4 THREATS**
Making and/or carrying out threats to hurt themselves, or something/someone you love.
- 5 SEXUAL COERCION**
Manipulation or threats in order to get sex or sexually explicit photos/videos. May involve alcohol/drugs.
- 6 ISOLATION**
Controlling what another person does, reads, who they talk to, and/or where they go.
- 7 JEALOUSY**
Using possessiveness to justify actions like isolation and emotional abuse.
- 8 MINIMIZATION**
Making light of the abuse; not taking concerns about abusive behaviors seriously.
- 9 EMOTIONAL**
Making someone feel bad about themselves; name-calling; making them feel guilty; gaslighting.
- 10 USING SOCIAL STATUS**
Treating someone like a servant; making all decisions; defining how someone else should act.

10 SIGNS OF A HEALTHY RELATIONSHIP

- 1 RESPONSIBLE**
Owning your actions and words; not blaming others; admitting mistakes; apologizing when appropriate.
- 2 COMFORTABLE PACE**
Moving the relationship at a speed that feels enjoyable for each person.
- 3 HONESTY**
Telling the truth without fearing the other person's response; openness.
- 4 TRUST**
Knowing the other person won't act to hurt you or the relationship. Respecting privacy.
- 5 HEALTHY AFFECTION**
Outward expressions of feelings that are shared; each person is comfortable with the level of touch.
- 6 INDEPENDENCE**
Supporting each other's interests and other relationships.
- 7 EQUALITY**
Balancing of effort, wishes, interests, decision making, and needs.
- 8 KINDNESS**
Treating with care and empathy; working for each other's happiness.
- 9 RESPECT**
Valuing beliefs and opinions; feeling comfortable with boundaries; cheering for each other.
- 10 FUN**
Enjoying time together; making each other happy. Good outweighs the bad.