

THE RESPECT CHALLENGE

How do you know if your teen is in an unhealthy relationship?

Let's face it—figuring out what's happening in your teen's life and relationships can be very challenging. The use of technology makes this especially true.

It is also very difficult for a teen to recognize – and break free of – and unhealthy relationship.

But, *you* can help your teen decide if the relationship he or she is in is healthy.

Quiz: A Healthy or Unhealthy Relationship?

If you think your child may be in an unhealthy relationship, ask your teen to take this quiz to help him or her know if his or her relationship is healthy.

Does your boyfriend or girlfriend...

- Communicate openly with you when there are problems?
- Give you space to spend time with your friends and family?
- Support and respect you?

If your son or daughter answered YES to these questions, it is likely that s/he is in a healthy relationship.

Encourage your teen to trust their instincts about the relationship to stay safe and comfortable.

If your son or daughter answered NO to these questions, ask your teen the following questions:

Does your boyfriend or girlfriend ever...

- Try to stop you from seeing or talking to family or friends?
- Call you derogatory names, put you down, or criticize you?
- Threaten or scare you?
- Hit, slap, push, or kick you?
- Pressure or force you to do something sexual when you don't want to?
- Humiliate you when you are alone or in front of others?
- Control where you go, what you wear, or what you do?

If your son or daughter answered YES to any of these questions, their health and safety may be at risk. Seek advice or help from a school counselor, pediatrician or family physician, the National Dating Abuse Helpline or local domestic violence prevention organization.

National hotlines are completely confidential and available, 24 hours a day, 7 days a week:

<p>National Dating Abuse Helpline</p> <p>1-866-331-9474</p> <p>1-866-331-8453 (TTY)</p> <p>www.loveisrespect.org</p>	<p>National Domestic Violence Hotline</p> <p>1-800-799-SAFE (7233)</p> <p>1-800-787-3224 (TTY)</p> <p>www.ndvh.org</p>	<p>Rape, Abuse & Incest National Network</p> <p>(RAINN) Hotline</p> <p>1-800-656-HOPE (4673)</p> <p>www.rainn.org</p>
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