**NOTICE SIGNS**

You’re around teens all the time. So, you’ve probably noted times they could use a little help understanding what **ARE** and **AREN’T** healthy relationships and ways to act, right? For example, maybe you’ve observed them:

### HEALTHY SIGNS

- ✓ Respecting each other’s identities
- ✓ Keeping up relationships with friends and family even when they’re dating
- ✓ Asking a peer if it’s ok to post their photo … and respecting their answer
- ✓ Safely intervening to help someone being bullied
- ✓ Really listening, even when disagreeing
- ✓ Taking care of themselves and having good self-esteem independent of their relationships
- ✓ Speaking kindly about other cultures
- ✓ Showing interest in their partner’s activities

**YES?** Point it out to them. Tell them you noticed, why you’re proud, and why their action is healthy.

### UNHEALTHY SIGNS (aka: red flags)

- ✗ Treating others like they don’t matter
- ✗ Reading a peer’s texts without their consent
- ✗ Wanting the person they’re dating to stop doing the things they like to do
- ✗ Telling rape jokes
- ✗ Making hateful comments about certain groups
- ✗ Expecting their partner to “prove” they can be trusted
- ✗ Feeling scared to disagree with their partner
- ✗ Neglecting themselves in the “name of love”
- ✗ Telling their partner, “If you really loved me, you’d …”

**YES?** Time to start a conversation.
Sexual violence is a broad term and includes rape, incest, child sexual abuse, intimate partner violence, sexual exploitation, human trafficking, unwanted sexual contact, sexual harassment, exposure, and voyeurism.

(National Sexual Violence Resource Center)

LEARN MORE – LOTS MORE –
AND GET THE SUPPORT YOU NEED TO HELP TEENS:
itstartswithusNM.org

Some content adapted from Love is Respect, Break the Cycle, A Call to Men, Healthy Teen Network, National Sexual Violence Research Center.

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