

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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