

HEALTHY RELATIONSHIPS

HELPFUL TIPS FOR TEENS TO NAVIGATE THE DATING SCENE

- 1 - Take care of yourself - make sure there is still "me" time not just "us" time.
- 2 - Do not go to someone's house that you do not know.
- 3 - When you are meeting new people make sure it is in a public place.
- 4 - Follow the golden rule: Treat others as you would like to be treated.
- 5 - When it comes to intimate encounters if you are not comfortable talking about it before it happens you shouldn't feel like you should have to do whatever it may be to please your partner.
- 6 - When you decide to get into a new relationship make sure it is because you care about the person not because you think that you need to have a boyfriend or girlfriend.
- 7 - Don't ditch out on your friends to hang out with your new boyfriend or girlfriend. Doing that may hurt their feelings and hurt your friendship.
- 8 - If you do plan to engage in sexual acts with your new partner before you do make sure both of you go get checked out by a doctor to be sure you don't have any STI's (sexually transmitted infections).
- 9 - Make sure you are using protection when engaging in sexual activity so you do not have any unplanned pregnancies
- 10 - As much as you may not want to, talk to you parent, guardian, mentor about your relationship. They may be "old" but they will most likely be able to give you helpful advice to save you from confusion, upset or even heartbreak.
- 11 - You need your space and your partner needs to respect that. If he or she does not it may be time to have a serious talk or end the relationship.

You may be in an abusive relationship if:

- Your partner acts jealous and/or possessive
- Your partner keeps you away from family or friends
- Your partner decides how you should dress, act, etc
- Your partner hits, kicks or pushes you
- Your partner uses guilt or manipulation to get you to do things that you do not want to do.
- Your partner insults you, degrades you or humiliates you.
- Your partner forces you to have sex.

** If you said yes to any of these it is important to get out of the relationship and get help from an adult or friend.

**BROUGHT 2
YOU BY THE CHILD
& YOUTH WORKING
GROUP**

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