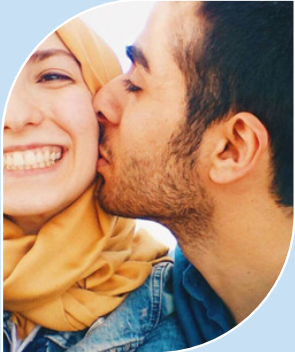
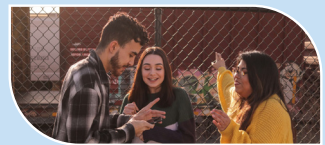




## Sex & Relationships

- ◇ Sex should be equally enjoyable for both people
- ◇ Check in with your partner before, during and after sex:
  - ▷ Are you comfortable?
  - ▷ Is this okay?
  - ▷ Do you want to slow down?
  - ▷ Do you want to go any further?
- ◇ If you're not ready, that's okay and your partner should respect that
- ◇ If your partner tries to guilt or manipulate you into sex, it can be a sign of an unhealthy relationship
- ◇ No matter how long you've been with someone or how many times you've done something, you have the right to stop or say no at any point or time



## How to Help a Friend in an Abusive Relationship

- ◆ Be supportive, and respect their decisions even when you don't agree.
  - ▶ Remember that abusive partners can be manipulative and that breaking up is a process.
- ◆ Help your friend recognize that the abuse/control is not "normal" and that no matter what, it is NOT their fault.
- ◆ If your friend stays with their partner, it's important they still feel comfortable talking to you about it.
  - ▶ Abusive relationships are confusing because sometimes things are happy and loving. If you bash the abusive person, it might make your friend start to defend their partner.
- ◆ Don't contact the abusive partner or publicly post negative things about them online. It could worsen the situation for your friend.
- ◆ Encourage your friend to talk to a trusted adult, parent, guidance counselor, coach or call DOVE.
  - ▶ If there has been physical abuse or threats, it is important to get an adult involved even if your friend made you promise not to tell anyone.
- ◆ Abusers try to isolate the person they're dating from their friends, so just by staying in touch you are preventing the abusive partner from getting more control.

**DOVE, Inc.**

P.O. Box 690267  
Quincy, MA 02269

**24-Hour Hotline 617-471-1234**

**1-888-314-DOVE (3683)**

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617-770-4065

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Printed on recycled paper



# YOUTH SPEAK

HEALTHY RELATIONSHIP EDUCATION & ABUSE PREVENTION

## Information for Teens and Young Adults

*24-Hour Hotline*  
**617-471-1234**

*Toll Free Hotline*  
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## THE RELATIONSHIP SPECTRUM

All relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle.

Healthy Relationships are based on equality and respect.



Unhealthy Relationships often include selfishness, lying, and frequent breakups.

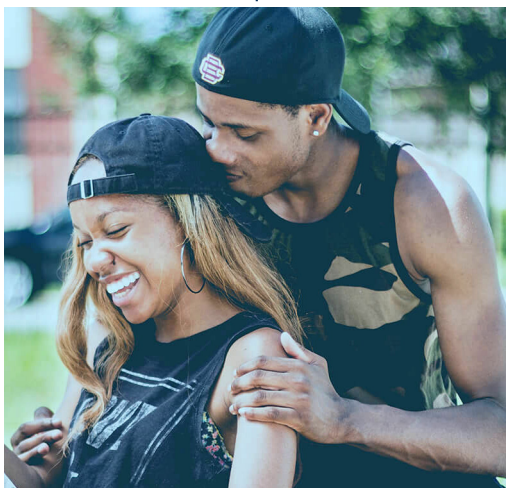


Abusive Relationships are based on power and control.



## Your Relationship Rights

- You have the right to be treated with respect and as an equal
- You have the right to privacy, both online and off
- You have the right to choose when/if you want to have sex
- You have the right to hang out with your friends and family and do things you enjoy, without your partner becoming jealous or controlling
- You have the right to end a relationship that isn't right or healthy for you
- You have the right to communicate your feelings without being afraid of negative consequences



### Statement of Affirmation & Welcome

DOVE welcomes refugee and immigrant survivors both documented and undocumented, people with disabilities, people who are deaf or hard of hearing, people of color, and LGBTQ/T and gender non-conforming individuals.

## TEST YOUR RELATIONSHIP

### DOES YOUR PARTNER...

- Call you names or put you down?
- Get jealous when you spend time with friends or family?
- Tell you what to wear or make decisions for you?
- Frequently accuse you of cheating or flirting?
- Hit, push, kick, or shove you?
- Threaten to harm or kill you or someone you know?
- Blame you for all of their problems?
- Obsessively call/text you or look through your phone?
- Threaten to harm themselves if you try to break up?
- Force or coerce you into having sex?

### Do you...

- Feel afraid of your partner?
- Change your plans or behavior to avoid an argument?
- Take responsibility for your partner's actions?
- Make excuses for your partner's behavior?

*IF YOU CHECKED YES TO ANY OF THESE QUESTIONS, YOU MAY BE IN AN ABUSIVE OR UNSAFE RELATIONSHIP. YOU ARE NOT ALONE, HELP IS AVAILABLE. YOU DO NOT HAVE TO LEAVE YOUR RELATIONSHIP TO RECEIVE SUPPORT.*

## IMPACT OF ABUSE

1 IN 3 1 in 3 teenage girls will be physically assaulted by a boyfriend.

1 IN 4 LGBTQ/T teens experience abuse from a dating partner.

AGES  
16-24 Females ages 16 - 24 are more vulnerable to dating violence than any other age group.