



Is My Relationship Healthy?

All relationships should be healthy - regardless of who is in the relationship.

Following are two lists of relationship characteristics; Healthy vs. Unhealthy. Think about a family, friend or dating relationship in your life. Compare both lists, checking off the statements that are true about this relationship you are evaluating. Which traits make you feel happy? Which make you feel down? How does your relationship measure up? Do you think your relationship is a healthy one?

Healthy

You and this person...

- ☐ Treat each other with respect and dignity.
- ☐ Trust and support each other.
- ☐ Are gentle and kind with one another.
- ☐ Respect each others' boundaries.
- ☐ Always feel safe together.
- ☐ Give each other some privacy; texts, phone calls, journals, etc. are considered private.
- ☐ Usually have fun together.
- ☐ Are both liked by the other's friends and family.
- ☐ Feel free to talk openly and honestly with one another.
- ☐ Calmly settle disagreements and apologize when wrong.
- ☐ Encourage each other's interests - sports, dance, travel, etc.
- ☐ Feel comfortable making decisions, both together and independently.
- ☐ Feel free to spend time with friends outside your relationship.
- ☐ Like one another's friends and enjoy spending time with them.
- ☐ Support one another's goals in life, i.e. education, job, etc.
- ☐ Build each other up.
- ☐ Treat each other as equals, in a balanced relationship.
- ☐ Are proud to be with the other person.
- ☐ Allow each other space, when you need it.
- ☐ Both accept responsibility for own actions.
- ☐ Encourage and support one another seeing and spending time with friends and family.

Unhealthy

One (or both) of you...

- ☐ Shows a lack of respect and trust.
- ☐ Is extremely jealous and accuses the other person of cheating.
- ☐ Excessively texts or calls; needing to know where the other person is at all times.
- ☐ Acts very controlling and possessive.
- ☐ Ignores or withholds affection as a way to punish the other.
- ☐ Embarrasses or humiliates the other.
- ☐ Makes all the decisions about what the two of you do.
- ☐ Has an explosive temper and frequently yells at the other person.
- ☐ Isolates his/her partner from family or friends
- ☐ Constantly puts the other person down.
- ☐ Makes verbal threats, or is physically or emotionally abusive.
- ☐ Blames the other person for own behavior.
- ☐ Tries to limit or prevent the other from spending time with friends or family.
- ☐ Does not respect boundaries; Goes through the other person's belongings without permission.
- ☐ Is not liked by the other person's friends or family.
- ☐ Makes decisions for the other, like what clothes to wear or how to act.
- ☐ Has hit, pushed, grabbed or otherwise physically hurt the other.
- ☐ Discourages or criticizes the other person's outside interests.

All relationships should be healthy.

If you determine there is an unhealthy relationship in your life, obtain help from a parent, teacher, school counselor or other professional or helpline.



My Relationship: Healthy or Unhealthy?

This worksheet is intended to help you think about relationships in your life. Whether a friend or dating partner, **think about a person** and ask yourself the following questions about your relationship with them. Based on the Authority Lure Newscast and Class Discussion, is it a healthy relationship, or an unhealthy relationship?

Three things I really like about this person:

1. _____
2. _____
3. _____

Three things I dislike about this person:

1. _____
2. _____
3. _____

Can I talk openly with this person about anything?

Does this person call or text me excessively? Do they always want to know where I am?

Does this person trust me? Do I trust them?

Does this person encourage me to have other friends, or discourage me from having other friends?

How does this person interact with their family? Their friends? Is it healthy?

Do we both have equal decision-making power in our relationship?

How do we handle disagreements or conflicts? Is it healthy?

Three things *this person likes to do* without me are:

1. _____
2. _____
3. _____

Three things *I enjoy doing* without this person are:

1. _____
2. _____
3. _____

Does this person respect my boundaries? Do I respect theirs?

Has this person ever gone through my belongings without my permission? Have I gone through theirs?

Has this person ever hit or harmed me in any way?

In general, do I feel better about myself or worse about myself since I began this relationship?

KEY QUESTIONS TO ASK WHEN ANALYZING MEDIA MESSAGES

		SAMPLE QUESTIONS
AUTHORS & AUDIENCES	AUTHORSHIP	Who made this?
	PURPOSES	Why was this made? What does this want me to do? Who is the target audience? Who are they talking to? or Who is this for?
	ECONOMICS	Who paid for this?
	EFFECTS	Who might benefit from this message? Who might be harmed by it? Is this message good for me or people like me? What does the storyteller want me to remember?
	RESPONCES	What actions might I take in response to this message? How might I participate productively? How does this make me feel and how do my emotions influence my interpretation of this?
MESSAGES & MEANINGS	CONTENT	What does this want to think (or think about)? What would someone learn from this? What does this tell me about [insert topic]? What ideas, values, information, or points of view are overt? Implied? What is left out that might be important to know?
	TECHNIQUES	What techniques are used and why? How do the techniques communicate the message?
	INTERPRETATIONS	How might different people understand this message differently? What is my interpretation and what do I learn about myself from my reaction or interpretation?
REPRESENTATIONS & REALITY	CONTEXT	When was this made? Where or how was it shared with the public?
	CREDIBILITY	Is this fact, opinion, or something else? How credible is this (and how do you know)? What are the sources of the information, ideas or assertions? Can I trust this source to tell me the truth about this topic?



Setting Personal Boundaries

Personal boundaries are limits we set to take care of, and protect, ourselves.
They are based upon what we decide are acceptable and safe ways for others to behave around us.

Personal boundaries are formed in part by having clear personal values. An important part of respecting yourself and others is understanding and honoring these boundaries and each other's values.

In doing so, each person remains an individual in the relationship and does not change what they believe based on the other person.

Each relationship in our life has a different set of boundaries.

Five Key Guidelines to use when setting personal boundaries:

- 1. Know you have a right to set personal boundaries.**
Set clear limits and expect others to respect them.
- 2. Put Yourself First.**
*Be kind and respectful to others, but always put yourself first, especially when faced with aggressive or abusive behaviors.
Recognize that your feelings and safety are the most important.*
- 3. Recognize that you know yourself best.**
*Don't let other people make decisions for you.
You decide what is right for you.*
- 4. Learn to say no, and stick to it.**
*Don't let others pressure you into actions you don't want to take.
If something doesn't feel right for you, **then don't do it.***
- 5. Be clear about what actions and behaviors are acceptable, and not acceptable, to you.**
*Let people know when they've done or said something unacceptable to you.
If touched without consent, pull back immediately to make it clear a personal boundary has been crossed.*



Digital Agreement



1. I WILL use technology responsibly, treating others with respect.
2. I WILL pause, and think twice, before posting anything online.
3. I WILL be kind and respectful when communicating and gaming.
4. I WILL always use my true identity, and discourage and report use of false profiles.
5. I WILL send or post only appropriate images to people I know.
6. I WILL ask permission before posting or tagging images of friends.
7. I WILL respect a person's decision to not have their picture or video posted or shared.
8. I WILL NOT share images with people I don't personally know.
9. I WILL NOT give out personal information about myself, my family or others.
10. I WILL keep my passwords private, even from my friends. I WILL share them with my parents.
11. I WILL NOT discuss private family matters online; I'll talk to a friend or trusted adult instead.
12. I WILL NOT respond to inappropriate/threatening messages. I WILL report them to an adult.
13. I WILL obtain parent/guardian permission before making online purchases and downloads.
I WILL only download music, movies or other media files legally.
14. I WILL NOT meet an online friend in-person unless:
 - a. I get permission from my parent(s) or guardian(s),
 - b. I bring my parent(s), guardian(s) or another trusted adult,AND
 - c. We meet in a public place.
15. I WILL review this Agreement periodically as a reminder to be use technology responsibly.
If I make a mistake and misuse technology, I will apologize and recommit to this Agreement.

Teen's Signature

Parent/Guardian's Signature

Date

Date



Tips For Teens



Nothing posted or sent is private.



Be respectful of everyone: avoid pressuring or shaming others into doing things they don't want to do.



Asking a teen for sexually explicit, nude or semi-nude images is a form of sexual harassment; unwanted asks can be reported.



Once shared, messages & images are no longer in your control.



Teens' reputations, privacy, education and employment can be affected by sharing inappropriate images and messages.



Cultivate a positive digital footprint. It will serve as an asset for your future; post awards, achievements, community service.



Use a professional email address for application forms.



Use neutral, unidentifiable screen names and gamertags.

Tips For Parents on Sexting & Teens

The best tech safety policy is communication, supervision and trust.



Make behavioral expectations clear to teens.

Have frequent discussions about the responsibilities and privileges associated with the use of technology.

Be familiar with technology teens are using.

Texting, apps, social media, image sharing, chatting, gaming & gaming systems.

Become familiar with texting acronyms.

NAZ=Name/address/zip code, CTN=Can't Talk Now, TDTM=Talk Dirty To Me, 1174=You're invited to a wild party, NIFC=Nude In Front of the Camera, pron=porn, 420=marijuana, 8=oral sex, zerg=to gang up on someone.

For more translations, visit teenluresprevention.com/parents

Supervise teens online and electronically.

Know your teen's passwords. Let them know you are monitoring them, because you love them and care about their future. Don't rely entirely on parental control software; teens can quickly bypass these.

Google Search your child's name in quotations: "Jordan Doe"

You may be surprised what you find. Good or bad, share and discuss with your teen.

If you think your youngster is sharing sexually explicit, nude or semi-nude images...

Ask your teen directly. If necessary, consider checking electronic devices, including gaming systems. Check Messages [sent/received/downloads], Images [photos/videos; camera, shared and albums] and photo sharing apps.

Images don't stay private.

Once sent, images can't be retrieved, they can be forwarded to unlimited people and they can not be erased. Discuss the importance of resisting peer pressure to sext, no matter how tempting it is to be "liked."

Think before Forwarding.

If a teen forwards a nude pic of a minor, they become the original sender of child pornography, which is against the law.

Images and posts have future consequences.

They are available for the entire world to see and share. This includes parents, guardians, relatives, school officials, law enforcement, college admissions departments, military recruiters and current and future employers.

Use teachable moments.

Local and national news stories about online and electronic crimes provide opportunities to discuss these issues. Help your teen establish digital boundaries. And remember, most teens are using technology responsibly.



Sexual Harassment

What is it?

Sexual harassment is unwanted sexual behavior. It may take different forms, including:

- **Physical contact**, like grabbing, pinching, touching your breast or butt or other body parts, or kissing you against your will;
- **Sexual comments**, like name-calling (slut, ho, fag), starting rumors about you, making sexual jokes at your expense, or making sexual gestures at or about you;
- **Sexual propositions**, like repeatedly asking you out when you have said no, asking for sexually explicit, nude or semi-nude images, or asking you for sex;
- **Unwanted communication**, like texts, phone calls, letters, or e-mails. These can be mean, nasty, or threatening, or they can seem flattering or nice but still make you uncomfortable.

These are only examples; there may be other forms of behavior that are not listed here but still can be considered sexual harassment.

Both the harasser and the victim can be any gender. The harasser can be another teenager or an adult. (NOTE: An adult flirting with a minor is not normal or appropriate behavior.)

Some flirting between teens is normal and healthy, but sometimes it can be hard to tell the difference between flirting and sexual harassment. The lists below can help you figure it out.

Flirting

- ☐ Flirting is welcome attention.
- ☐ Flirting goes both ways.
- ☐ Flirting makes you feel flattered or attractive.
- ☐ Flirting makes you feel in control.
- ☐ Flirting makes you feel good about yourself.
- ☐ Flirting is legal in school.

Harassment

- ☐ Sexual harassment is not wanted.
- ☐ Sexual harassment is one-sided.
- ☐ Sexual harassment makes you feel put down or ugly.
- ☐ Sexual harassment makes you feel powerless.
- ☐ Sexual harassment makes you feel bad or dirty.
- ☐ Sexual harassment is a violation of school rules and state/federal laws.

If you think you are flirting with someone, **but they do not respond the way you want them to**, consider this...

- ⇒ If the person does not seem happy with your attention,
- ⇒ if you flirt but they do not flirt back,
- ⇒ if you make a sexual joke and they do not laugh,
- ⇒ if the person seems to be avoiding you...

...you might be making them uncomfortable. The bottom line is that **if the person receiving your sexual or romantic attention doesn't want it and you continue, that's harassment and you should stop what you are doing.**



Family Emergency Plan

DIAL 911 in case of illness, accident, fire, storm, or other emergency.

A pre-arranged plan of action includes:

Contacts: In a real emergency, the following people will contact me.
I will verify all claims of emergency situations with a parent or guardian.

Rides: In a real emergency, I will go with these friends or family.
If someone else offers me a ride, I will refuse and call someone I trust.

Safe Places: In a real emergency, I can go to these locations.

Guardians: In a real emergency, I can stay with these friends or family.

EMERGENCY? DIAL 911!



Consent: Essential for EVERY Intimate Encounter

What is Consent?

Consent means that **both people** engaged in intimate or sexual contact agree to it.

Consent is a free and clearly given YES, not the absence of a “No.”

Either person may decide **AT ANY TIME** that they no longer consent and they want to stop the activity.

Consent: Do You Have it - Every Time?

Q: Does consenting to one intimate behavior mean you have to consent to any other intimate behaviors?

A: No.

Q: Does consenting on one occasion mean you have to consent on any other occasion?

A: No.

Q: Can someone consent to intimate or sexual activity if they are under the influence of drugs or alcohol?

A: No.

How Can Teens Keep Dating Healthy and Safe?

- ▶ Clearly define and communicate personal boundaries. Expect Respect.
- ▶ Respect personal boundaries set forth by dating partners, friends and others.
- ▶ Socialize with people who are respectful of ALL others.
- ▶ Watch out for one another. Speak up if you see something wrong.
- ▶ Avoid people with disrespectful attitudes about gender and dating.
- ▶ Make certain there is mutual consent before and during every intimate encounter.
- ▶ Only “Yes” means yes. Always take “No” as a no.
- ▶ Avoid alcohol and other drugs, as well as people who use or abuse them.
- ▶ Trust your instincts!

Lack of Consent = Date Rape

Ask for
permission to
kiss or touch
a partner.

Consent
can
NOT
be forced!

Be true
to yourself.
Speak up for
your values.

Consent
can **ONLY**
be given
when **SOBER**.



Human Trafficking: Lured into Modern Day Slavery?

This handout is designed to help determine if someone you know has possibly been forced, manipulated or coerced into human sex trafficking.

If you suspect that someone you know is being trafficked, ask yourself the questions below.

*(Any gender of youth can be lured into the world of human sex trafficking.
For the sake of simplicity, the questions below are posed with the pronoun “she.”)*

Signs of Teen Trafficking:

- Does she have a new older partner who is very controlling or that she doesn't want you to meet?
- Does she show up with new clothing, cash or lavish gifts like pieces of jewelry she cannot afford?
- Has she dropped out of sports, clubs or activities she used to love?
- Does she skip school often? Have her grades dropped? Has she stopped hanging out with old friends?
- Is she constantly on her cell phone and won't tell you with whom she's chatting?
- Does she disappear for periods of time and refuse to tell you where she was?
- Is she inconsistent when describing and recounting events?
- Does she have injuries or signs of physical abuse (that she may be reluctant to explain)?
- Does she have a new tattoo that she won't discuss or does not have personal meaning to her?

If the answer to most of these questions is **Yes**, it could possibly be a sign the teen is being trafficked. Consider sharing your concerns with a trusted adult who can further assess if the teen needs help.

Note: According to federal law, any minor under the age of 18 engaging in commercial sex is a victim of sex trafficking, regardless of the presence of force, fraud or coercion.

Prevention Tips for Teens:

Seven things teens can do to avoid the Trafficking Lure:

1. Seek help for problems at home.
2. Know the lures used by sex traffickers.
3. Know the difference between healthy and unhealthy relationships.
4. Listen to instincts about people & situations. When in doubt, ask for a trusted adult's opinion.
5. Be protective of personal information and images on social media.
6. Instead of running away, call 1-800-RUNAWAY or Text 66008.
7. Keep a clear head at all times; avoid drugs and alcohol.

Helplines for Teens:

- **National Runaway Safeline**, 1-800-786-2929 (**1-800-RUNAWAY**) | Text 66008

Call if you are a teenager who is thinking of running from home, if you have a friend who has run and is looking for help, or if you are a runaway ready to go home.

- **National Human Trafficking Resource Center**, Anyone who suspects or observes a person or group who may be victims of sex trafficking can call or text:

Call 1-888-373-7888 from anywhere in the U.S. for help in over 200 languages, 24 hrs/day/7 days a week.
Text “HELP” or “INFO” to 233733 (BeFree), Hours of Operation: 3:00 pm - 11:00 pm EST

(The National Human Trafficking Resource Center is operated by Polaris. They are not a government entity, law enforcement, or immigration authority. Funding is provided by the US Department of Health and Human Services and other private donors and supporters.)



Helplines for Teens...

Everyone needs a helping hand at some point in their life.

Should you or a friend need someone to talk to, the following resources exist solely to help improve your current situation, and your life.

Help is just a text, click or phone call away:

- ▶ **National Teen Dating Abuse Helpline, (For anonymous advice):**
If you think you may be in an abusive relationship, you can call to talk with someone about it.
Text: LOVEIS TO 22522 | Chat Online 24/7/365: loveisrespect.org
Call: 1-866-331-9474
- ▶ **RAINN National Sexual Violence Hotline, 1-800-656-4673 (HOPE)**
RAINN has over 1100 trained volunteers on duty to help victims at crisis centers across the U.S.
<https://ohl.rainn.org/online> - Live help for Sexual Assault Victims & their families. Free. Confidential. Secure.
- ▶ **National Runaway Safeline, 1-800-786-2929 (1-800-RUNAWAY) or Text 66008.**
Call if you are a teenager who is thinking of running from home, if you have a friend who has run and is looking for help, or if you are a runaway ready to go home.
- ▶ **National Human Trafficking Resource Center, 1-888-373-7888, 24 hours a day/7 days a week.**
Text "HELP" or "INFO" to 233733 (BeFree), Hours of Operation: 3:00pm - 11:00pm EST
- ▶ **National Suicide Prevention Lifeline, 1-800-273-TALK (8255) Available 24 hrs a day, 7 days a week.**
If you, or someone you know, is having thoughts of suicide, call to be connected to an available local certified crisis center.
- ▶ **Childhelp National Child Abuse Hotline, 1-800-422-4453 (4 A CHILD)**
Available 24 hours a day, 7 days a week.
For help or questions about child abuse or child neglect.
- ▶ **National Hotline to Report a Missing Child, 1-800-843-5678 (1-800-THE-LOST®)**
Call if you have information about a missing child or suspected child sexual exploitation.
- ▶ **National Domestic Violence Hotline, 1-800-799-7233 (SAFE)**
Available 24 hours a day, 365 days a year. There are no fees, no names, no judgment. Just help.

It is NEVER too late to tell about physical or sexual abuse, even if it's been kept secret for years.

Important Local Phone Numbers:

Police Department:	_____
School Counselor:	_____
Medical Doctor:	_____
Victim's Advocate:	_____
Social Services:	_____

If ever in immediate danger, call 911.
...if you need someone to talk to.