

What is a Healthy Relationship?

A healthy relationship is free from physical, emotional, and sexual violence. Healthy relationships are built on a foundation of respect. Respect is a choice, and when you give it, you are more likely to get it in return.

The following are characteristics of a healthy dating relationship:

- ♥ **Mutual respect.** Respecting each other's values and boundaries.
- ♥ **Trust.** Partners should choose to trust in each other and give each other the benefit of the doubt.
- ♥ **Honesty.** Honesty builds trust and strengthens the relationship.
- ♥ **Compromise.** In a dating relationship, each partner should acknowledge different points of view and be willing to give and take.
- ♥ **Individuality.** Each partner should not have to compromise who they are or their identity. They should be supportive if their partner wants to pursue new hobbies, hang out with friends, or even make new friends.
- ♥ **Good communication.** Each partner should speak honestly and openly to avoid miscommunication.
- ♥ **Anger control.** Anger can be handled in healthy ways such as taking a deep breath, counting to 10, or talking it out.
- ♥ **Problem solving.** Learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.
- ♥ **Fighting fair.** Everyone argues at some point, so stick to the subject, avoid insults, and come up with a possible solution. Partners should take a short break away from each other if the discussion gets too heated.
- ♥ **Understanding.** Take time to understand what the other might be feeling.
- ♥ **Self-confidence.** Having confidence in ones self can help relationships with others. It shows that they are calm and comfortable enough to allow others to express their opinions without forcing their own opinions on them.
- ♥ **Being a role model.** By embodying what respect means, partners can inspire each other, friends, and family to choose respect, too.

Teen Dating Violence Resources:



236 Union Street • Spartanburg, SC 29302
864.583.9803
 E-mail: shrcc@aol.com
 Facebook: [SHRCC Spartanburg](https://www.facebook.com/SHRCC-Spartanburg)
 Website: www.shrcc.org

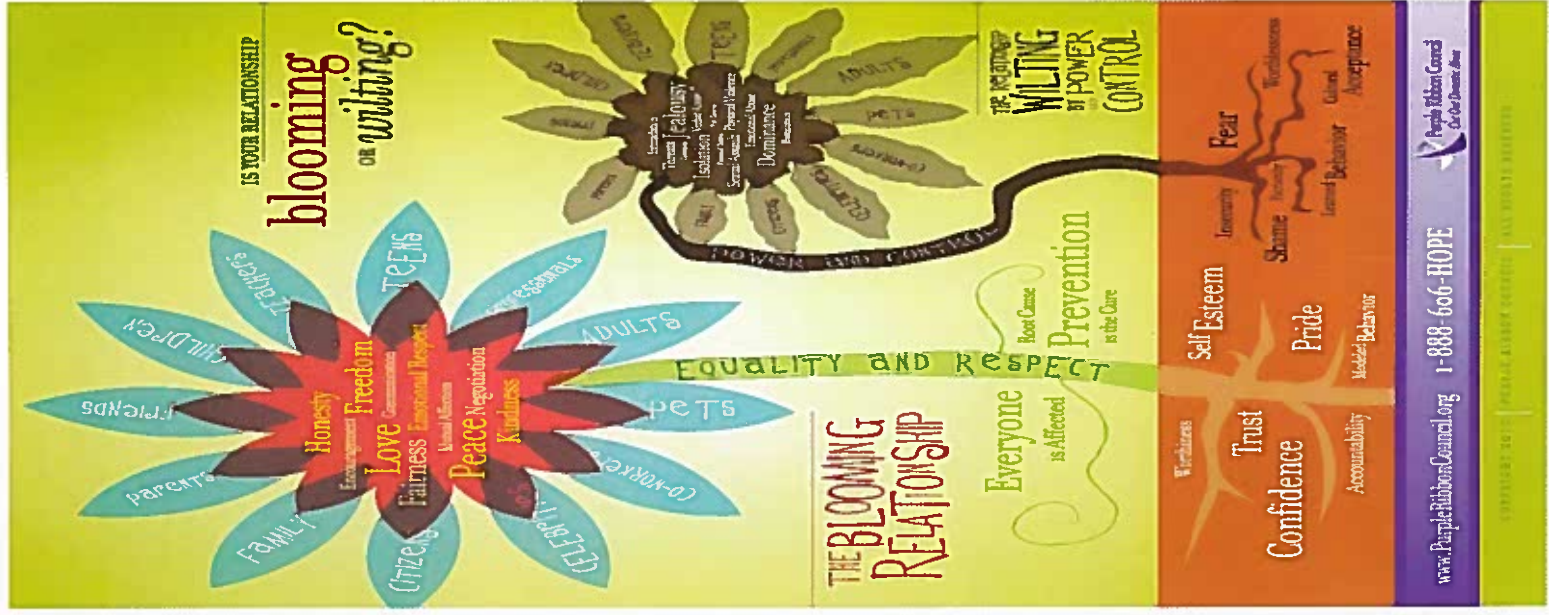
National Teen Dating Abuse Helpline
 866.331.9474 • 866.331.8453 TTY
www.loveisrespect.org

National Domestic Violence Hotline
 800.799.SAFE (7233) • 800.787.3224 TTY
www.ndvh.org

Rape, Abuse & Incest National Network (RAINN) Hotline
 800.656.HOPE (4673)
www.rainn.org

Teen Dating Violence Online Resources:

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| A Thin Line
www.athinline.org | National Center for Victims of Crime Dating Violence Resource Center
www.ncvc.org |
| Break the Cycle
www.breakthecycle.org | That's Not Cool
www.thatnotcool.com |
| Choose Respect
www.chooserespect.org | The Safe Space
www.thesafespace.org |
| Love is Not Abuse
www.loveisnotabuse.com | Think B4 You Speak
www.thinkb4youspeak.com |
| Love Is Respect
www.loveisrespect.org | |
| Men Can Stop Rape
www.mencanstoprape.org | |



What You Should Know About Abuse:

Dating violence can be physical, sexual, verbal or emotional. Just because a person isn't physically hurting you doesn't mean they aren't abusing you. Whether in person, online, or by phone, abuse is the same. Dating violence is not about love or caring. It's about one person trying to control another person.

Types of Abuse

Physical Abuse is any intentional, unwanted contact with your body by either the abuser or an object within the abuser's control. Physical abuse *does not* have to leave a mark or bruise. It doesn't even need to hurt.

It includes:

- Scratching
- Punching
- Biting
- Kicking
- Throwing something at you
- Pulling hair
- Choking
- Pushing
- Using a weapon
- Slapping
- Holding you down

Sexual Abuse is any sexual behavior that is unwanted or interferes with your right to say "no" to sexual advances.

It includes:

- Rape
- Unwanted kissing or touching
- Not letting you use birth control or protection against sexually transmitted infections
- Unwanted rough or violent sexual activity
- Forcing or pressuring you to go further than you want (even if you've had sex before)

Verbal/Emotional Abuse is anything that the abuser says or does that causes you to be afraid, lowers your self-esteem, or manipulates or controls your feelings or behaviors.

It includes:

- Name-calling and put-downs
- Yelling and screaming
- Intentionally embarrassing you in front of other people
- Keeping you from seeing or talking with friends and family
- Telling you what to do
- Using online communities or cell phones to control, intimidate, or humiliate you
- Making you feel responsible for the abuse
- Stalking
- Threatening to commit suicide in order to manipulate you
- Threats of violence and harm to you or people you care about
- Threats to expose your secrets, start rumors, or to take away your children

Digital Dating Abuse

Using technology to spy on, harass or embarrass a partner in social communities can be a powerful abuse tactic in any relationship. When someone uses digital technology as a weapon to hurt someone else in a dating situation we call it Digital Dating Abuse.

Digital Dating Abuse may include:

- Calling/emailing/texting your partner to "check up" on him or her.
- Checking your partner's missed calls, emails, voicemail and text messages to see who he or she has been communicating with.
- Deleting "friends" on social networks.
- Accessing your partner's Facebook/ MySpace page and posing as or altering his or her online profile.
- Calling or sending unwanted emails or texts that are threatening in tone.
- Sending unwanted emails or texts that are sexual in nature.

• Stealing or breaking digital devices (laptops, phones, etc.) with the intent to harass or intimidate.

- Directing threatening calls, emails, or texts to any friends or family members of your partner.
- "Ganging up" on your partner by having friends send threatening calls, emails, or texts.
- Using camera phones to take unwanted pictures of your partner and then using those photos as a form of blackmail/intimidation, or sharing those photos on social networking sites, etc.

Reporting Digital Abuse:

1. Tell Someone: your parents, your principal, or your teacher and then call your local police!
2. Make sure that any report to the online service provider includes a request that they "retain the data" so police can review it during an investigation.
3. Save a copy of everything, not just in printed form, but by clicking "save" on your browser and saving the email and text message live.
4. If you are being cyberbullied on a social network you should report it to that social network.

Whether you are the target of digital abuse or merely encounter it with someone you know, or even a stranger online, the faster it is reported the faster the abuse will stop.



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