

WHAT IS

LO  
VE

# A PARENTS GUIDE TO HEALTHY TEEN RELATIONSHIPS

## When should Parents start talking to their Teen about dating?

Although as many as 72% of 7<sup>th</sup> graders report they are dating, and ONE in THREE have reported experiencing dating abuse, the majority of parents are unaware of the problem. When parents talk to their teens about healthy relationships, they help protect them from experiencing dating abuse, and middle school is the right time to start having this important conversation. Even as young teens are moving towards stronger peer influence, they are still observing and listening to their parents.

### PARENT CHECK LIST

- ✓ Excessive Texting
- ✓ Depression or anxiety
- ✓ Stops activities they enjoy
- ✓ Dating partner is extremely jealous and possessive
- ✓ Dressing differently
- ✓ Stops spending time with friends
- ✓ Decrease in grades & attendance

The #1 indicator for school success, increased test scores, reduced fighting/bullying, and increased happiness.

### HEALTHY RELATIONSHIPS

CONTACT: CHRISTY HAYNES MA PSY  
P. 805-705-0011 E. [Christy@whatisloveteens.org](mailto:Christy@whatisloveteens.org)



### START A CONVERSATION

#### QUESTION STARTERS . . .

- How are things going?
- What are your friends' dating relationships like?
- Why do you think someone would abuse someone they were dating?
- Why would a young person stay in an unhealthy relationship?
- How do you know a relationship is healthy?
- What could you do if one of your friends is being abused by their dating partner?
- How is your relationship going?

#### FIVE THINGS YOU CAN DO

##### One: Get the Facts

Know the warning signs and how to identify abusive relationships.

##### Two: Talk About Healthy Relationships

Talk with your teens. Your family. Your friends. Your neighbors and your schools.

##### Three: Speak Out

Ask your school, media partners, and community organizers to raise awareness.

##### Four: Use Social Media

Join [whatisloveteens.org](http://whatisloveteens.org) on [Face Book](https://www.facebook.com/whatisloveteens) and [Twitter](https://twitter.com/whatisloveteens) to help promote our prevention efforts.

##### Five: CONNECT TO PROGRAMMING

Santa Barbara Unified School District will be implementing **What is LOVE** prevention programs at ALL HIGH SCHOOLS. Contact us to learn about the Assembly, 6-week intensive workshops and Parent Nights. ©whatislove 2014