



Just for Teens

Healthy and Unhealthy Behaviors in a Dating Relationship

It is during their teenage years – when they are no longer children, but not yet adults – that many young people begin to form their first romantic relationships. Yet without an understanding of healthy and unhealthy behaviors in dating relationships, teens are especially susceptible to becoming targets of dating violence and abuse.

Healthy Behaviors

- ✓ You have a sense of yourself as a separate person and your partner respects your individuality.
- ✓ Your partner respects your boundaries.
- ✓ Your partner understands when you need to study or spend time with family and friends (and vice versa).
- ✓ You trust and feel safe being open and honest with one another.
- ✓ You are playful and lighthearted with one another.
- ✓ You allow one another to communicate your feelings without being afraid of negative consequences.

Unhealthy Behaviors

- ✗ One of you tries to control the other.
- ✗ Your partner doesn't respect your boundaries.
- ✗ You don't spend much time together.
- ✗ The relationship feels unequal.
- ✗ You don't feel happy or comfortable around your partner.
- ✗ You don't feel heard in the relationship; disagreements or discussions don't go anywhere.
- ✗ You're afraid of experiencing a disagreement.