

## Your most important goal: Love and Protect Yourself

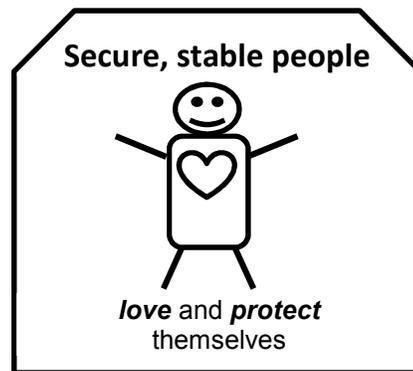
You have only **two jobs** to do in order to become a secure, stable person who can function independently in the adult world. (Everything else is commentary.)



**Love Yourself:** Your first task is to learn to **understand, accept, and value** yourself for who you are—what you can change and what you can't, what you want to be and what you don't.



**Protect Yourself:** Your next task is to develop the **knowledge, skills, and motivation** to take good care of your health, your safety, and your future.



Who helps you love and protect yourself?



How do **YOU** love and protect yourself?



### Right Choices, Right Reasons

Your job is to become the kind of person who can make good choices for your own good reasons (not just because someone else says so, but because *you know* it's what you need to do). Life involves risk. We need to take these risks as safely as possible.

### Ask yourself and Talk with a trusted adult

**Is it a decision I will feel proud of?** If it doesn't honor what you love and value about yourself, it's not the right choice.

**Is it good for me?** If it takes away from your ability to protect your health, your safety, or your future, then why would you do it?

**Is it safe?**

### How do you stay safe and save face?

Blame your parents/friends: Have a code word, statement or text that means "come get me right now" or "tell me no". Use this SOS whenever you need to get out of a situation. Send the SOS to your parents/friends, they will "act" accordingly.

# Relationship Requirements (from the heart and the head)

## Your most important relationship is the one you have with yourself.

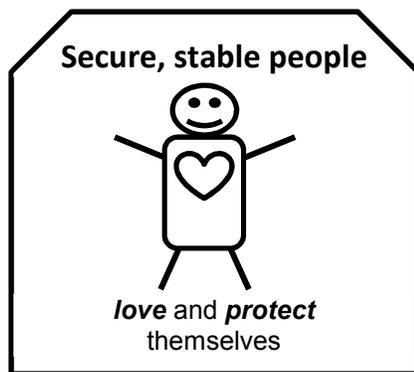
You have to be good to yourself before you can be good to (or good for) anyone else. This requires two things:



**Love Yourself:** Your first job is to learn to *understand, accept and value* yourself for who you are—what you can change and what you can't, what you want to be and what you don't.



**Protect Yourself:** Your next task is to develop the *knowledge and skills, and the motivation* to take good care of your health, your safety, and your future.

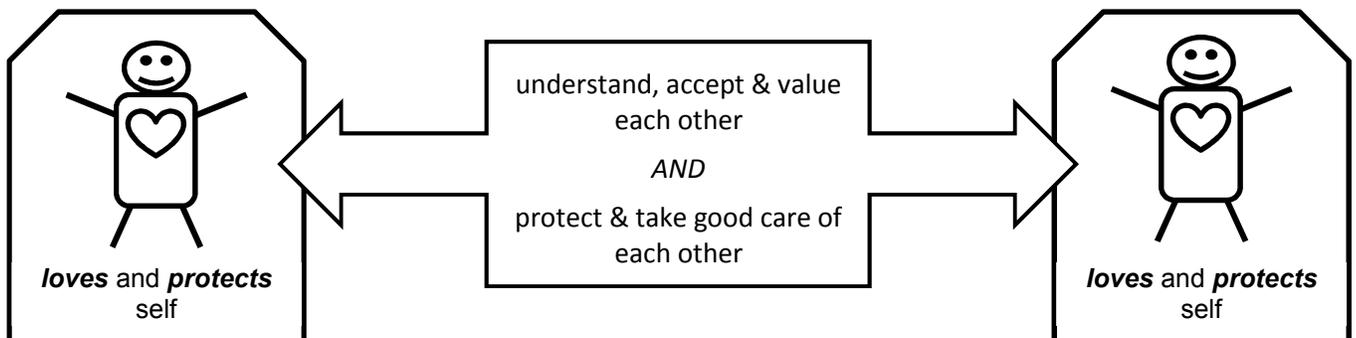


How do *you* love and protect yourself?



## What does a good relationship (romantic or “just friends”) look like?

We form relationships with other people when we “get” them—when we understand, accept, and value someone for who they are. In a good relationship, we want to protect and take care of each other. In a good relationship, someone is good FOR you, not just nice TO you.



### In a good relationship...

Your grades/function go <sup>up</sup>, not down

You feel just as **close** to your friends and family, even if you don't spend as much time with them

You feel **proud** of each other's achievements, never jealous or resentful

**You feel better about who you already are**

# The Relationship Spectrum



A HEALTHY RELATIONSHIP	AN UNHEALTHY RELATIONSHIP	AN ABUSIVE RELATIONSHIP
<p><i>A healthy relationships means that both you and your partner are...</i></p> <p><b>Communicating</b> - You talk openly about problems and listen to one another. You respect each other's opinions.</p> <p><b>Respectful</b> - You value each other as you are.</p> <p><b>Trusting</b> - You believe what your partner says.</p> <p><b>Honest</b> - You are honest with each other but can still choose to keep certain things private.</p> <p><b>Equal</b> - You make decisions together and hold each other to the same standard.</p> <p><b>Enjoying personal time</b> - You both enjoy spending time apart and respect when one of you needs time apart.</p> <p><b>Making mutual sexual choices.</b> You talk openly about sexual choices together. You both consent to sexual activity and can talk about what is ok and what isn't. You discuss using condoms or other birth control methods.</p>	<p><i>You may be in an unhealthy relationship if one of you is...</i></p> <p><b>Not communicating</b> - When you talk about problems you fight, or you don't talk about them at all.</p> <p><b>Disrespectful</b> - One or both of you is not considerate of each other.</p> <p><b>Not trusting</b> - You don't believe what your partner says.</p> <p><b>Dishonest</b> - One or both partners is telling lies.</p> <p><b>Trying to take control</b> - One or both partners feel their desires and choices are more important.</p> <p><b>Feeling crowded or not spending time with others</b> - Only spending time with your partner.</p> <p><b>Pressured by the other into sexual activity</b> - One partner tries to convince the other that they should have sex, or more sex.</p> <p><b>Ignoring the consequences of sex</b> - The partners are having consensual sex with each other but are not talking about possible consequences.</p>	<p><i>An abusive relationships starts when one of you...</i></p> <p><b>Communicates in a way that is hurtful or insulting.</b></p> <p><b>Mistreats the other</b> - One or both partners does not respect the feelings and physical safety of the other.</p> <p><b>Accuses the other of flirting or cheating when it's not true</b> - The partner that accuses may hurt the other in a physical or verbal way as a result.</p> <p><b>Denies that the abusive actions are abuse</b> - They may try to blame the other for the harm they're doing.</p> <p><b>Controls the other</b> - There is no equality in the relationship. What one partner says goes.</p> <p><b>Isolates the other partner</b> - One partner controls where the other one goes, and who the other partner sees and talks to.</p> <p><b>Forces sexual activity</b> - One partner forces the other to have sex.</p>

LovelsRespect.org  
Turning Point

National Dating Abuse help line  
Rape Crisis Hotline and Center

1-800-331-9474  
800-886-7243

**LovelsNotAbuse.com** Information and resources to help prevent and get help for interpersonal relationship violence.