

## Healthy Relationships and Teen Dating Violence

1. What are 3 characteristics of a healthy relationship?
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
2. For effective communication during times of conflict use these techniques:  
S \_\_\_\_\_  
A \_\_\_\_\_  
F \_\_\_\_\_  
E \_\_\_\_\_
3. List two things you can do to keep your anger from getting out of control.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
4. List the 6 types of abuse and give an example of each:
  - a) \_\_\_\_\_ ex. \_\_\_\_\_
  - b) \_\_\_\_\_ ex. \_\_\_\_\_
  - c) \_\_\_\_\_ ex. \_\_\_\_\_
  - d) \_\_\_\_\_ ex. \_\_\_\_\_
  - e) \_\_\_\_\_ ex. \_\_\_\_\_
  - f) \_\_\_\_\_ ex. \_\_\_\_\_
5. List two warning signs or “red flags” that a person may be a victim of dating abuse:
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
6. List two reasons why people stay in an unhealthy or abusive relationship.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
7. List the 3 phases in the cycle of abuse.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_

8. How can you help a friend who is in an abusive relationship?

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9. List two things you can do to prevent dating violence.

a) \_\_\_\_\_

b) \_\_\_\_\_

10. List one way you will use the information you learned this week.

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