



Keep Buzzing - Healthy vs Unhealthy relationships:

For Parents

Knowing the difference between a healthy and unhealthy relationship can be crucial for your teen's emotional well-being and development. Healthy relationships are characterized by mutual respect, trust, and open communication. They involve partners who support each other's goals and individuality, fostering an environment where both parties feel valued and heard. In contrast, unhealthy relationships may involve manipulation, control, and disrespect, often leaving one or both partners feeling anxious or afraid.

Signs of an unhealthy relationship

- Isolation Lack of Communication
- Rules set by one, but the other does not have to follow
- Blaming you for their actions
- Superiority/Social Status
- Minimize your feelings .
- Mind Games
- Gaslighting
- Anger
- Intimidation
- Jealousy
- Threats
- Denial of Actions

Signs of a healthy relationship

- Non-threatening behavior
- Shared power Accountability
- Healthy Boundaries
- Confidence
- Open and honest communication
- Respect
- Fairness
- Trust
- Support
- Honesty
- Empathy
- Patience
- Balance

Teaching your teen to recognize these signs can empower them to make informed decisions about their relationships. Encourage them to reflect on how they feel in their friendships or romantic relationships. You can ask questions like:

"Are you able to be yourself in the relationship?"

"Do you feel safe and respected?"

"Are you able to have friendships outside of the relationship without consequences?"

These questions can help them assess the health of their relationship.

To talk with a victim advocate, call the National Domestic Violence Hotline 1.800.799.SAFE(7233)