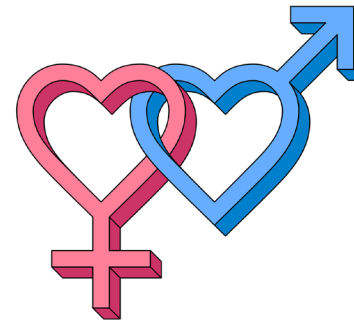


TEACHING TEENS ABOUT HEALTHY RELATIONSHIPS



missing children's
network
Keeping hope alive



According to a study done by York University, **20% of teens** reported **being in a relationship by the age of 11.6**, and **55%** by the **age of 12.9**

One out of every 3 teens will experience an abusive or unhealthy relationship.

Victims can be of any age, gender, ethnicity, sexual orientation, socio-economic background or religion.

dosomething.org

Setting boundaries is an important part of any relationship and help protect oneself against abuse. Our boundaries reflect our personal values and our self-understanding. Setting boundaries is all about respecting oneself and being respected by others. It is never too early to teach your child about healthy relationships.

How to discuss setting boundaries

1. Identify your boundaries – What are you comfortable with? How often do you want to see each other? How far do you want to go physically?
2. Understand why these boundaries are important to you
3. Talk openly and honestly about these boundaries with your partner.
4. Ask your partner to talk about his/her own boundaries.
5. Try to avoid the need to justify or apologize for the boundaries you have set.
6. Have a support system in place (family or friends) that you can turn to in times of need.
7. Trust your instincts!

Healthy Boundaries

- Respecting yourself and your partner;
- Saying no without feeling guilty;
- Saying yes because you want to – NOT out of guilt or to please your partner;
- Feeling supported to pursue your own goals and interests;
- Being treated as an equal – both partners make decisions together;
- Feeling safe and comfortable to freely express yourself;
- Freedom to see your friends and family whenever you want;
- Not feeling the need to constantly justify your actions or words;
- Having your privacy respected (text messages, computer passwords, etc.)

LACK OF AWARENESS

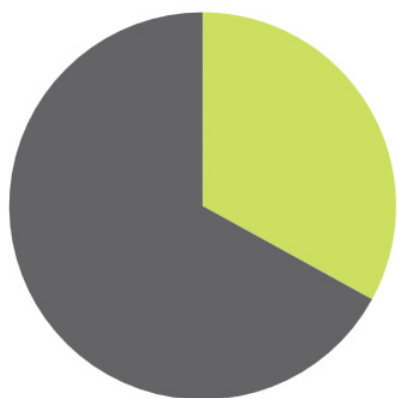


2 out of 3 parents have no idea their children are in an unhealthy relationship.

loveisrespect.org

"There doesn't need to be abuse to be in an unhealthy relationship"

Teen Victims in Unhealthy Relationships



Sought help(33%)

Did not seek help(67%)



If my child is in an unhealthy relationship, what can I do?

- Listen and remain objective; offer support;
- Accept what you are hearing; don't doubt your child;
- Separate the behaviours from the person; talk about the behaviours that you are concerned about;
- Avoid ultimatums, threats or punishments;
- Educate yourself on the topic – the more you know about teen dating, the better you will be able to support your child;
- Discuss resources available and never hesitate to seek help

Sources: loveisrespect.org; dosomething.org

To learn more about our unique and critical mission, visit our website at :

missingchildrensnetwork.ngo

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