

WHAT DO YOU WANT IN A DATING PARTNER?

Below is a list of behaviors that are part of a healthy dating relationship. Rate each one based on importance to you.

Very Important Important Somewhat Important Not At All Important

Caring for each other's feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Treating each other with respect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling comfortable talking with each other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling safe to disagree (emotionally and physically)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trusting each other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling safe and comfortable to say "no"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being honest with each other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Supporting each other through difficult times	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sharing the same values/interests/hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Showing affection for each other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spending time with each other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What was important to you? Which is important to your partner? What is similar/what is different?

It is okay if you and your partner disagree on which items are most important as long as your partner respects your needs, and you do the same. When a dating partner does not support the wishes of their partner, that can be a warning sign for an unhealthy relationship.

3 THINGS YOU CAN DO



KNOW THE RESOURCES

For free, confidential support 24/7 call the Doorways Hotline: 703-237-0081

Online/chat hotline: www.loveisrespect.org

Remember, if you feel comfortable, you can always consider talking to a parent, a school counselor or another trusted adult. If you do talk to an adult, be aware that some adults (including school staff) might have to tell others if they know a young person is being hurt; they are mandated reporters. If you are not sure what the adult will have to share with others, you can always ask them what they can keep confidential before you share.



LEARN MORE

APS: www.apsva.us (search: harassment, assault, counseling, Title IX etc)

Love is Respect: www.loveisrespect.org



GET INVOLVED

Join Arlington's Healthy Relationships Task Force (HRT), a group of students from all APS high schools working together to raise awareness about sexual assault and healthy relationships among teens in our community. Email to join: HRT-ProjectPEACE@ArlingtonVA.us

HEALTHY RELATIONSHIPS

CREATED BY ARLINGTON YOUTH, FOR ARLINGTON YOUTH



@HRTArlington



FOR CRISIS SUPPORT, 24/7
CALL: 703-237-0881



RELATIONSHIPS ARE IMPORTANT



Relationships, from friends and family to romantic and intimate, can contribute to our happiness and how we enjoy life. However, relationships can be unsafe and cause fear or harm when someone is exhibiting abusive or unhealthy behaviors.

SO HOW DO YOU KNOW IF YOUR RELATIONSHIPS IS HEALTHY?

A healthy relationship allows you to feel good about yourself and your partner. Having a healthy relationship takes effort. It requires both people in the relationship to:

- **Openly Communicate:** Able to discuss with your partner the things that make you feel uncomfortable, unhappy or unsafe.
- **Disagree Respectfully:** Having safe and respectful disagreements without them negatively affecting the relationship.
- **Respect/ Support Healthy Boundaries:** Having privacy on your phone, social media, and in other relationships without feeling pressured or threatened.

HOW DO YOU KNOW IF YOUR RELATIONSHIP IS UNHEALTHY?

Have you ever felt scared to tell your partner something? Like you'd be in "trouble" if you said or did something they didn't like? Being afraid of your partner's reaction is one warning sign of an unhealthy relationship. Some other warning signs are:

- **Jealousy:** Your partner feels threatened and/or gets upset when you spend time with other people.
- **Coercion:** Your partner guilts, or forces, you into doing things that they want.
- **Isolation:** Your partner discourages you from having other relationships.

Learn more at www.loveisrespect.org



HELPING A FRIEND

WE KNOW THAT 1 IN 4 APS FEMALE HIGH SCHOOL STUDENTS HAVE REPORTED BEING IN AN UNHEALTHY RELATIONSHIP.*

It is important to not only ensure your relationship is healthy, but to help your friends have healthy relationships, too. If a friend comes to you, or you witness behaviors from your friend or their partner that concern you, it is important to speak up.

Tell your friend you are concerned: "I don't like the way that they have been treating you. I am here if you need to talk."

Listen to how they are feeling: "Do you feel safe in this relationship? How can I support you?"

Share the 24-hour hotline number and resources with them: 703-237-0881 and/or involve a trusted adult.

 Full results of the 2017 Arlington Youth Risk Behavior Survey can be found at www.apcyf.org

* CONSENT IS SEXY

Consent means giving permission for something to happen. One area where consent is super important is in sexual interactions. Whether you want to hold hands, kiss, make out, or be more intimate, you need consent to ensure everybody involved is comfortable with what is happening.

SOME WAYS YOU CAN ASK FOR CONSENT:

"Can I touch you here?"

"Does this feel good?"

"Are you comfortable?"

"Is this okay?"

"Do you want to slow down?"

Add your own: _____