

The background features several overlapping watercolor-style shapes in shades of green, teal, and blue. Scattered throughout are numerous small, dark blue dots of varying sizes. At the bottom center, there are faint, stylized outlines of human fingers.

# Building Relationships

Healthy vs Unhealthy Relationships

8th grade

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**01**

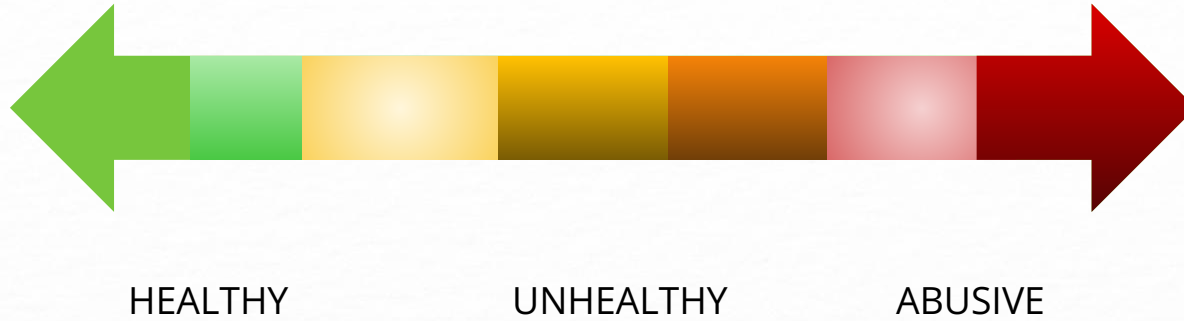
**Relationships**

# Relationships

- Family
- Friendships
- Dating Relationships
- Acquaintances
- Mentors/Teachers



# Relationship Continuum





02

## Healthy Relationships

A word cloud containing the following terms: SAFETY, HEALTHY, LOVE, HONESTY, EQUALITY, RESPECT, TRUST, SUPPORT, COMMUNICATION, CARING, CONSENT, and HONESTY.

# Characteristics of a Healthy Relationship

Trust/Honesty	Respect/Reliability
Commitment	Understanding
Compromise	Effective Communication
Independence	Support





**03**

**Unhealthy  
Relationships**



# Examples of an Unhealthy Relationship

- A person's feelings or needs are ignored and disrespected.
- Disagreements often turn into fights.
- One person in the relationship is not able to communicate their thoughts and feelings within the relationship.
- When people feel embarrassed or unwilling to express how they feel because their partner may not listen or care.
- There is a lot of jealousy in the relationship when one partner talks to or spends time with other people they care about.



# 04

## Abusive Relationships

# Characteristics of an Abusive Relationship

Control	Mistreatment
Hostile	Accusation
Denial	Isolation
Violence	Intimidation

# Forms of Abuse in Relationships

## Physical

Hitting, slapping, choking, kicking or any other form of physical force

## Sexual

Pressuring or forcing you to do anything sexual, including sexting

## Financial

Using money for control

## Emotional / Verbal

Non- physical behaviors such as insults, humiliation, stalking, controlling behaviors

## Cyber

Sending you threats via text, social media, email, stalking you, forcing you to share passwords

## Human Trafficking

Common forms are forced labor, sex, and servitude



**05**

**Teen Dating Violence**

# Teen Dating Violence

- Teen dating violence occurs between two people in a close relationship.
- Teen dating violence doesn't always occur between those who are currently in a relationship, it can also happen between those who were once in a relationship.
- It can take place in the following forms:

**Physical  
Violence**

**Sexual  
Violence**

**Psychological  
Aggression**

**Stalking  
Violence**

# Impact of Unhealthy and Abusive Relationships

Youth who are victims of abusive relationships are more likely to:

- Experience depression and anxiety symptoms
- Engage in unhealthy behaviors, like using tobacco, drugs and alcohol
- Exhibit antisocial behaviors, like lying, theft, bullying or hitting
- Express suicidal thoughts
- Experience difficulties making and maintaining future relationships





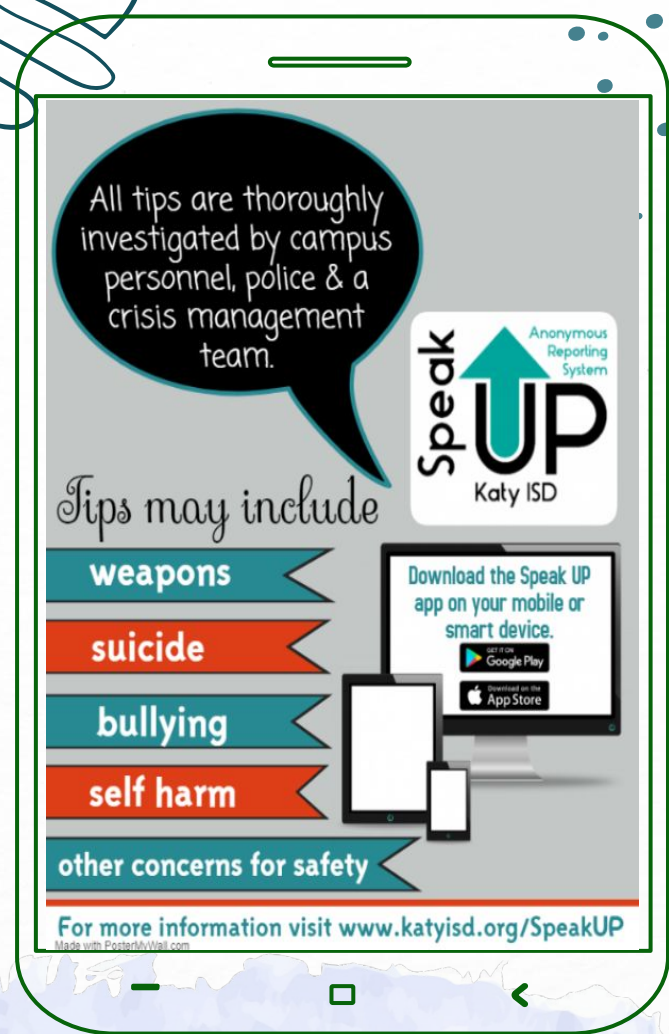
06

**Getting Help**

# SpeakUP

- If you See something, Say something!
- Find an adult (teacher/staff, counselor, principal, or parent) to immediately report concerns.
- Download the SpeakUP app on your phone or tablet to report things that concern you.

*This app is also found on the back of your student i.d. badge.*



# Safety Plan

A safety plan is a practical guide that helps you know where to go for help if you think you are in an abusive relationship. It includes information specific to you and your life that will help keep you safe.

- Staying safe in school
- Staying safe at home
- Staying safe emotionally
- Staying safe while getting help