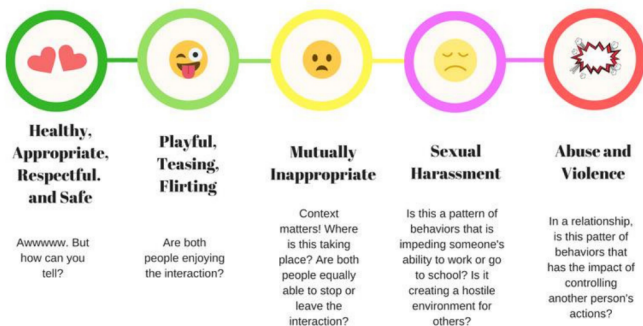


HEALTHY Relationships FOR TEENS

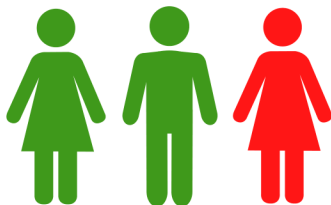
5 SIGNS YOU ARE IN A HEALTHY TEEN RELATIONSHIP:

1. Your partner gives you space to hang out with your family and friends.
It's a good sign when your partner is understanding of the fact that the world doesn't revolve around them, and that you have hobbies and interests outside of your time with them.
2. It is okay to not agree on everything.
Healthy relationships consist of people who understand that not everyone thinks the same way and that it is okay to have different opinions. It is good to be respectful of one another's opinions.
3. Your partner respects your physical boundaries.
In a relationship, your partner should always ask for consent. It is perfectly okay to not be ready to engage in sexual activity. Your partner should be respectful of your boundaries and not pressure you to move farther and faster than you'd like.
4. You are free to make your own decisions.
It is important to have a partner who lets you make your own decision, such as what you wear and the activities you participate in. Your partner should never control your time.
5. Your partner exhibits healthy texting behavior.
As long as your partner's text do not interrupt daily life, then we can consider the conversation to be normal. If you partner is crossing lines and asking you to do things over text that you aren't comfortable with, then you may want to have a conversation about your boundaries.



1 in 3

teens in the U.S. are a victim of physical, sexual, verbal, or emotion abuse from a dating partner.



love SHOULD'N'T HURT!

If you or someone you know is in an unhealthy relationship, you can text HOME to 741741 and someone from the Crisis Text Line will be available to talk to you.



You can also reach out to us at Sanctuary, Inc.
For more information, visit our website at thesanctuaryinc.com.
Our 24-hour crisis line is (800) 766-0000.

TEENS
AND

SEXUAL ABUSE

What is sexual abuse?

Sexual abuse is any unwanted and forced sexual contact that happens without a person's consent.



Consent does NOT occur when...

- someone is being threatened
- someone is being verbally and physically coerced
- someone is under the influence of alcohol or drugs
- someone does not understand sexual contact
- someone is under the legal age for sexual consent
- someone is unconscious, semi-conscious, or irrational

Who are victims of sexual abuse?

Sexual abuse can happen to anyone. It can happen to males and females. It can happen to members of the LGBTQ community. It can happen between two people who are in a romantic relationship. It can happen between acquaintances or even between strangers. It can happen when the victim is alert and rational or when they no longer want the sexual contact.



If you have been a victim,

it is important to know you are not alone.

Teens often do not speak up when they have been a victim of sexual abuse. Many are scared that no one will believe their story or they feel like it is their fault. Sexual abuse is not the victim's fault, and Sanctuary, Inc. is available to victims no matter their age, race, gender, or sexual orientation.



For more information, visit our website at thesanctuaryinc.com.

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