

DISCUSS YOUR OPTIONS  
CONFIDENTIALLY.

PEER ADVOCATES ARE AVAILABLE 24/7

**CHAT:** LOVEISRESPECT.ORG

**TEXT:** "LOVEIS" TO 22522

**CALL:** 1-866-331-9474

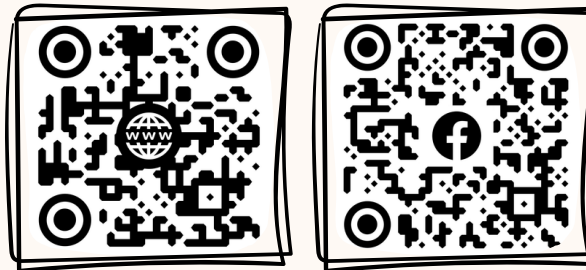
## KNOW YOUR RELATIONSHIP RIGHTS!

- YOU HAVE THE RIGHT TO PRIVACY
- YOU HAVE THE RIGHT TO FEEL SAFE
- YOU HAVE THE RIGHT TO DECIDE WHO YOU WANT TO DATE OR NOT DATE
- YOU HAVE THE RIGHT TO CHOOSE WHEN/IF YOU HAVE SEX
- YOU HAVE THE RIGHT TO SAY NO
- YOU HAVE THE RIGHT TO HANG OUT WITH FRIENDS AND FAMILY
- YOU HAVE THE RIGHT TO END A RELATIONSHIP THAT ISN'T RIGHT FOR YOU
- YOU HAVE THE RIGHT TO LIVE FREE FROM ABUSE AND VIOLENCE.

# CONNECT WITH US

P.O. BOX 3837  
LITTLE ROCK, AR 72203  
(501) 246-3276  
WWW.ARKCASA.ORG

STAY CONNECTED.  
CHECK US OUT  
ONLINE.



This project received support from Grant Number 15JOVW-25-GG-00127-MUMU, awarded by the Office on Violence Against Women. The opinions, findings, conclusions, and recommendations articulated in this publication/program/exhibition are solely those of the authors and do not represent the views of the Department of Justice or the Office on Violence Against Women.



# RELATIONSHIPS FOR TEENS

HEALTHY RELATIONSHIPS,  
WARNING SIGNS, AND  
RELATIONSHIP RIGHTS

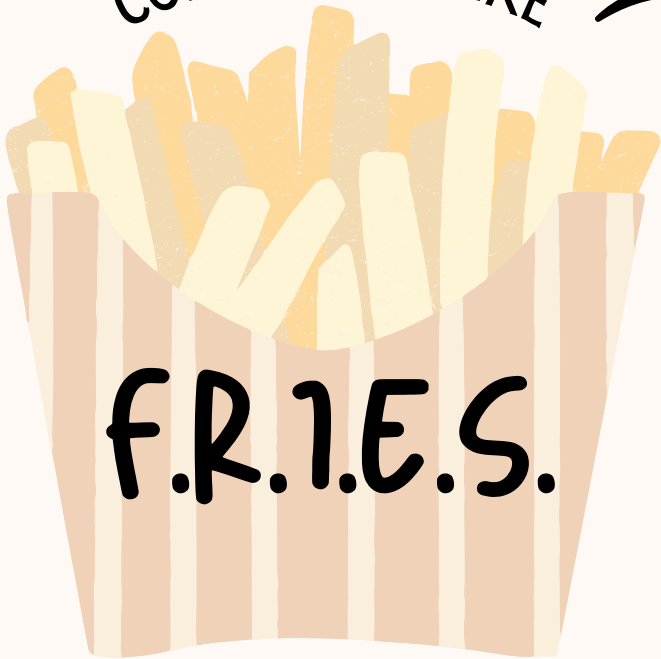


## HEALTHY RELATIONSHIPS LOOK LIKE:

- RESPECT
- GOOD COMMUNICATION
- TRUST
- HONESTY
- EQUALITY
- PROUD OF YOUR ACCOMPLISHMENTS
- ENCOURAGES YOU
- LISTENS AND IS WILLING TO COMPROMISE
- ALWAYS PRACTICES CONSENT



CONSENT IS LIKE



F.R.I.E.S.

## WARNING SIGNS OF UNHEALTHY RELATIONSHIPS

- PRESSURE
- DISHONESTY
- STRUGGLE FOR CONTROL
- INCONSIDERATE BEHAVIOR
- ACCUSATIONS
- MANIPULATION
- EXPLOSIVE TEMPER
- ISOLATING YOU FROM FRIENDS OR FAMILY
- POSSESSIVENESS
- EXTREME JEALOUSY
- CHECKING YOUR PHONE WITHOUT PERMISSION



## CONSENT IS...

★ FREELY GIVEN

★ REVERSIBLE

★ INFORMED

★ ENTHUSIASTIC

★ SPECIFIC

## SEXUAL VIOLENCE IN A RELATIONSHIP:

- UNWANTED KISSING OR TOUCHING
- UNWANTED ROUGH OR VIOLENT SEXUAL ACTIVITY
- REFUSING TO USE CONDOMS OR RESTRICTING ACCESS TO BIRTH CONTROL
- HIDING STI STATUS
- SEXUAL CONTACT WITHOUT CONSENT
- THREATENING OR PRESSURING INTO SEXUAL ACTIVITY
- "STEALTHING" OR REMOVING CONDOM DURING SEXUAL ACTIVITY WITHOUT CONSENT

ANYONE CAN  
BE A VICTIM OF  
SEXUAL  
VIOLENCE

MOST VICTIMS  
KNOW THEIR  
ATTACKER

SEXUAL  
VIOLENCE CAN  
HAPPEN IN  
RELATIONSHIPS

