



Teen Dating Awareness

The Relationship

Spectrum

Healthy relationships are based on equality and respect

- Respect
- Trust
- Good communication
- Lots of fun

Unhealthy relationships are based on attempts to control the other person

- Lack of trust
- Jealousy
- Inconsiderate behaviour

Abusive relationships are based on an imbalance of power & control

- Extreme disrespect
- Based on fear
- Lacks boundaries
- Manipulation