

# **SUPPORTING HEALTHY TEEN RELATIONSHIPS**

**GREENFLAGS**.*info*



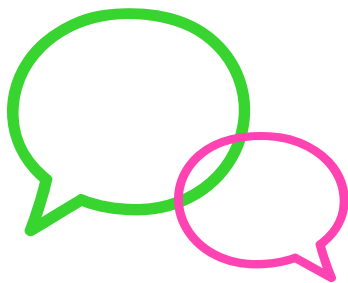
*1 in 3 teens*

experiencing abuse had a safe space to talk about it.

## HOW SAFE ADULTS CAN SUPPORT HEALTHY TEEN RELATIONSHIPS

It's important to talk to teens about relationships, including healthy and unhealthy behaviors. Start early and chat often. If the teen in your life does not want to talk, it does not mean they are not listening. Come back to it another time. Ask if they would be more comfortable talking with someone else – a friend, counselor, coach, or trusted adult.

Educate yourself about teen dating abuse. Be a space of support for the teens in your life. Teen dating abuse is any act that causes harm, or threatens the risk of harm, to a young person by a current or former dating partner. Abuse can be emotional, sexual, physical, verbal, digital, or economic. Teen dating abuse impacts adolescents from every zip code, income level, race, religion, and nationality.



### CONVERSATION STARTERS WITH YOUR TEEN

- What green flags (positive behaviors that support healthy relationships) do you look for in a dating partner?
- A dating partner may track someone's location or social media accounts. What do you think about that?
- Sometimes a dating partner may ask someone to quit the things that they love, like sports or music. What do you think about that?
- What advice would you give to your friend if they notice red flags (unsafe behaviors that can create unhealthy/abusive relationships) in a dating partner?

## ABOUT GREEN FLAGS

Green Flags is a campaign to educate teens in central Ohio on the characteristics of healthy relationships, encourage boundary setting, equip youth to identify signs of abuse, and direct them to resources to address and prevent abuse. Green Flags can help teens recognize what they want from a partner (and how they want to show up in their relationships), how to look for those traits in themselves and others, and how to set healthy boundaries.



Our call, text, and chat support resources are available Monday through Friday, 8 a.m. to 8 p.m. They are operated by our specially trained team of experts to address teens' questions or concerns about relationships and dating abuse. Green Flags also provides safe adults, like parents, guardians, and educators, in the central Ohio community with resources to help support and talk to teens in their lives about healthy relationships and dating safety.

Learn more at [GreenFlags.info](https://www.GreenFlags.info).

## ABOUT THE CENTER FOR FAMILY SAFETY AND HEALING

Through a combination of public and private resources, we address all aspects of family violence including child abuse and neglect, teen dating abuse, domestic violence, and elder abuse. We offer research-based prevention, intervention and treatment programs for individuals who have experienced family violence. Benefits of this integrated team approach include:



- A coordinated response to child abuse and child-welfare involved families through partnerships with law enforcement, child protection services, prosecution and a wide range of community resources
- A network for domestic violence survivors to access services and support to improve safety and well-being
- Expanded forum for education, advocacy and ongoing research
- Integrated strategies that promote local and regional family violence prevention services

## ENCOURAGING HEALTHY TEEN RELATIONSHIPS



### Experiencing Healthy Behaviors from a Partner

- Talks about their relationship with a trusted adult
- Shows pride in their relationship or dating partner
- Engages in school and/or in after-school activities
- Can show up as their authentic self in a relationship
- Takes time to care for their own needs
- Enjoys time with friends and family outside of their dating relationship
- Feels safe keeping logins and passwords private
- Knows their partner will support them in difficult times



### Engaging in Healthy Behaviors Toward a Partner

- Sees power as equal in the relationship
- Respects a comfortable pace for both dating partners
- Makes decisions together
- Openly and honestly communicates
- Values their partner's opinion, even if they disagree
- Takes responsibility for their actions



Have questions about how to support a teen in your life?

Green Flags Pros are available  
Monday through Friday, 8 a.m. to 8 p.m.:



Call 844-234-5463



Text 844-283-3393



Chat at [GreenFlags.info](https://www.GreenFlags.info)

## SIGNS OF TEEN DATING ABUSE



### Experiencing Abusive Behaviors from a Partner

- Giving up things that are important
- Isolation from friends
- Dramatic changes in appearance, weight, grades or behavior. These could be signs of depression, which can be an indicator of abuse
- Unexplainable injuries, or explanations for injuries that don't make sense
- Afraid of partner or fearful of making partner angry
- Preoccupied with and/or apologizes for partner's behavior
- Receives excessive and/or unwanted text messages from partner
- Gives excuses to questions about their relationship, like, "Everything is under control," "It's not your problem."



### Engaging in Abusive Behaviors Toward a Partner

- Loses temper, breaks or hits things
- Makes excuses for their controlling behavior, like, "It's my right to treat my partner this way."
- Always texting and/or using technology, including tracking a partner's location
- Shows up unexpectedly
- Calls their partner names, says mean things or puts down their partner in front of other people
- Acts extremely jealous when their partner is talking to others

## RESOURCES

Not sure where to start? Green Flags Pros are available  
Monday through Friday, 8 a.m. to 8 p.m.:

- Call 844-234-5463
- Text 844-283-3393
- Chat at [GreenFlags.info](https://www.GreenFlags.info)

### Local Resources

- Family Support Program (614) 722-8212
- Huckleberry House (614) 294-5553
- Kaleidoscope Youth Center Central Ohio (614) 294-5437
- AwkTalk [www.awktalk.org](http://www.awktalk.org)
- SARNCO (Sexual Assault Response Network of Central Ohio)  
(614) 267-7020
- ODVN (Ohio Domestic Violence Network) 1(800) 934-9840 or  
(614) 781-9651

### National Resources

- Love is Respect text LOVEIS to 22522 or call 1(866) 331-9474  
[LoveIsRespect.org](http://LoveIsRespect.org)
- That's Not Cool [ThatsNotCool.com](http://ThatsNotCool.com)
- Trevorproject 24/7 LGTBQIA+ TrevorLifeline at  
1 (866) 488-7386 Text: START to 678-678
- Trans Lifeline 24/7 hotline 1 (877) 565-8860
- NRS (National Runaway Safeline) 24/7 Care Phone  
1 (800) RUNAWAY 1800Runaway.org
- RAINN (Rape, Abuse & Incest National Network) National  
Sexual Assault Hotline 24/7 Care Phone- 1 (800) 656-HOPE  
(4673) [Rainn.org](http://Rainn.org)
- National Human Trafficking Hotline 1 (888) 373-7888 (24/7)  
[HumanTraffickingHotline.org](http://HumanTraffickingHotline.org)

If you ever have immediate or urgent concerns about  
your safety or anyone else's, call 911.



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**GREENFLAGS.INFO**

**FAMILYSAFETYANDHEALING.ORG**

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