

1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a **dating partner**.

These are some things you should find in your relationship if it is happy and healthy:

Trust. Being yourself and being honest with your partner is something you both can count on.

Communication. You feel comfortable to express your thoughts and you are also always ready to listen. What you say is heard and you can work together to sort things out.

Support. You both want what is best for each other. Helping each other set and achieve personal goals makes you both happy.

Respect. You are excited about your relationship because you feel free to be yourself, knowing that you will be loved in return.

Among all cases in Iowa, domestic abuse occurs most often in **boyfriend/girlfriend** relationships.

Is Your Dating Relationship Healthy or Unhealthy?

Think you may be in an unhealthy relationship? Here's what you can do:

Get support. If you feel unsafe to talk to your partner, talk to your friends and find comfort in talking to a trusted adult.

Check out a help hotline or website. Find out more from the list below.

Take action! Unhealthy relationships are serious. Take steps to change it or end it.



www.eyesopeniowa.org

Teen Line www.teenlineonline.org 1-800-443-8336
Love is Respect www.loveisrespect.org 1-866-331-9474

Also visit www.sexetc.org for more information about dating and sexual health.

