

Love is.....



ADVANTAGES VS. DISADVANTAGES OF A RELATIONSHIP

- Better view of prescriptive
- Companionship
- Best friends
- Sharing in experiences
- Go to person
- Comfort
- Happy
- Excitement
- Trust
- Not lonely
- Start a family
- Take you places
- Get you food
- Presents
- Title
- Fn
- Sexual desire
- Feeling confined
- Isolation
- STI'S
- Abusive
- Breakup
- Constantly having to please someone else
- Pregnant
- Idea of commitment
- Cheating
- Fighting and competing
- Change
- Manipulated
- Time consuming
- Fear
- Trust issues
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Why do TEEN relationships break up?

- Talk to others
 - Cheating
 - Tired of commitment
 - Lose feelings
 - Lying
 - Boredom
 - Jealousy
 - No free time
 - Lack on interest
 - Discomfort
 - Affects school
 - Lack of communication
 - Different intentions
 - Clingy
 - Different priorities
 - Annoying
 - Dont want to ruin friendship
- other problems
- emotionally unavailable
- one sided
- parents

Recently, you and your partner have been disagreeing a lot, and it often leads to arguments. Every time you try and talk to them about how you're feeling they say it's no big deal, you're overreacting, or they just don't want to argue anymore. You feel that the issues are important and want the chance to say how you feel without having to argue. After a day of not speaking, you text your partner and tell them you want to talk now or the relationship is over. They text back and say they will talk when they're ready.

You are having a sleepover with your friend and she confides in you that she is stressed out about her relationship. She tells you how her boyfriend likes it when she sends him sexually explicit pictures of herself; so she has done it a couple of times. She didn't see any harm in it but now he demands that she does it, even if she doesn't want to. She says that she tries to tell him she isn't comfortable doing it anymore, and he said since she did it before she has to do it again. She also says that he tells her since she is his girlfriend this is something that she is expected to do. Recently he has told her that he will even leak the ones that she has already sent if she doesn't continue to send them.

The person that you are dating feels they should have a say in who your friends are. Your partner tells you that since you are in a relationship with them, you shouldn't talk to your exes or hang out with people your partner doesn't approve of. They sometimes get jealous when they see you talking to certain people on social media because they think it is considered flirting and could lead to cheating. You let your partner know that you should both be able to be friends with whoever you want and that you should be able to trust each other.

Warning signs of an ABUSIVE RELATIONSHIP

- ★ Harms you physically in any way, including: slapping, pushing, grabbing, shaking, smacking, kicking and punching
- ★ Controls different aspects of your life such as how you dress, who you hang out with and what you say
- ★ Frequently humiliates you, making you feel unworthy
- ★ Coerces or threatens to harm you or self-harm if you leave the relationship
- ★ Twists the truth to make you feel you are to blame for your partners actions
- ★ Demands to know where you are at all times
- ★ Become jealous or angry when you want to spend time with your friends

Cycle of Abuse

- ★ Your abuser strikes using words or actions
- ★ Your abuser may beg for forgiveness, offer gifts or promise to change
- ★ Honeymoon phase (things are GOOD)
- ★ Your abuser becomes tense, angry or depressed
- ★ Your abuser repeats the abusive behavior.