



Teen Relationships

For Teens

TeensHealth: Am I in a Healthy Relationship?

<https://kidshealth.org/en/teens/healthy-relationship.html?WT.ac=t-ra#>

This post gives a thorough summary for teens on how to recognize if they are in an unhealthy relationship. Written by Dr. Lyness, for a teenage audience, the site breaks down what makes a relationship healthy or unhealthy, explains why some relationships seem more challenging, and provides brief solutions to some common problems.

For Parents

Child Mind Institute: Teens and Romantic Relationships

<https://childmind.org/article/how-to-help-kids-have-good-romantic-relationships/>

This tip sheet gives advice on how to talk to your teen about relationships and how to model positive behavior. Having conversations with your teenager about topics, such as relationships, helps to build autonomy in your teen through an increased social confidence.

Youth.gov: Characteristics of Healthy & Unhealthy Relationships

<https://youth.gov/youth-topics/teen-dating-violence/characteristics>

Youth.gov is a partnership between 22 federal agencies and several state governments. The goal of the partnership is to support programs and services that focus on youth-related issues. This page will explain the characteristics of healthy relationships and will discuss what to look for in unhealthy relationships.

Teen Dating Violence

General

Office on Women's Health at the U.S. Department of Health and Human Services Relationships and Safety

<https://www.womenshealth.gov/relationships-and-safety#>

This site provides an overview of the topic of unhealthy relationships. Some questions that the site begins to answer include the following:

- How can I help a friend who is being abused?
- Am I being abused?
- What are signs of emotional abuse?

This site also includes hotlines and resources for any relevant audiences.



For Teens

Youth.gov: Resources for Victims of Teen Dating Violence

<https://youth.gov/youth-topics/teen-dating-violence/resources>

Youth.gov is a partnership between 22 federal agencies and several state governments. The goal of the partnership is to support programs and services that focus on youth-related issues. This specific site lists resources for those who find themselves, or someone they know, in an unhealthy relationship.

For Parents

Love is Respect: Support Your Child

<https://www.loveisrespect.org/supporting-others-dating-abuse/supporting-your-child/>

Love is Respect is a nonprofit organization funded in part by the Administration on Children, Youth and Families; Family and Youth Services Bureau; U.S. Department of Health and Human Services and the Office for Victims of Crime; Office of Justice Programs; and the U.S. Department of Justice. This specific page will help you find ways to support your child when they are in an unhealthy relationship.