

Ideas and questions

Sometimes relationships get us mixed up, sad or angry.

“Why won’t he?”

“Why doesn’t she?”

“I’m so mad!”

“She won’t listen to me!”

“I wish she wouldn’t!”

All relationships have their ups and downs. It’s important to recognize how often you feel disappointed, hurt, frightened, sad or angry in a relationship. It’s important to think about how each person handles those feelings too.

You have a right to feel:

- Safe
- Appreciated
- Understood
- Listened to
- Respected

It is never okay to abuse

It is never okay to abuse another person.

There is never a good enough reason to hit, to disrespect or humiliate someone.

Dating violence is not love.

If you need support, encouragement or help to be safe, talk to:

- A parent
- A school counselor
- A family friend
- A trusted adult
- Your friends

If you need support and information, call your local sexual assault/rape crisis center hotline, women’s center, domestic violence program or DV hotline.



24-hour Sexual Assault Resource Line
888.99.VOICE

Toll-free in Western Washington only

King County Sexual Assault Resource Center
PO Box 300, Renton, WA 98057
tel **425.226.5062**
Business Line (Voice/TTY)
www.KCSARC.org

KCSARC is registered under the Washington State Charitable Solicitation Act (Chapter 19.09 RCW) and information relating to our financial affairs is available by contacting our office of the Secretary of State.

Women’s Funding Alliance Member

Accredited by: Office of Crime Victims’ Advocacy

019-ED REV. 4/04

thinking
about
Relationships



Thinking about relationships

It's easy for your head to be filled with questions when you think about what having a girlfriend or boyfriend might be like for you.

Who will he be? What will she be like?

Will that person like the same things I do?

What if...?

Some of the words and ideas describe healthy relationships and some don't.

People use many different words and ideas to describe what love is. Some people have ideas or behaviors about love that could be unhealthy or dangerous. Some mistaken beliefs about what love is could lead to dating violence.

What do we want?

Where do we learn about relationships?

- Our families and friends
- School
- Television
- Place of worship
- Movies
- Music and music videos
- Books
- Internet

Some of what we learn from these sources is useful. Some of it is just not real. In the end, it is important to think for yourself about what you want a relationship to be. What is important to you?

I want a relationship where...

- We show respect for each other.
- We talk to each other about what we each want.
- We share with each other.
- We decide together what we will do and where we will go.
- We talk through disagreements.
- We enjoy each other and have fun together.

I do not want a relationship where...

- One person bullies or disrespects the other.
- One person is jealous of the other.
- One person makes the other afraid.
- One person makes the other feel guilty.
- One person hits the other during disagreements.