



# Love IS NOT Power & Control

[www.familysafetynetwork.net/teen-dating-violence](http://www.familysafetynetwork.net/teen-dating-violence)



800-324-8151



**Family Safety Network**  
Open Hearts Open Minds Open Arms



Hey, we know, you're young, you're hip, you just wanna have fun. We want you to have fun too. That's why we want to give you the tools to stay safe and be loved and respected.



## Teen Dating Violence Tools:

What is respect? What are boundaries? If you do not know what these things are in a relationship that's okay, we are here to give you some tips, but until you learn what these two very important things are you should probably hold off on dating. Would you fly a plane without going to flight school?

### ***Boundaries:***

A boundary is a rule or limit to what you are comfortable with.

These can include physical, emotional, spiritual, sexual, and financial boundaries.

- Dictate your own feelings
- Take responsibility for your actions
- Saying "no" and it being respected
- Be honest with each other
- Be assertive in your beliefs
- Allow personal space
- Allow privacy
- Not feeling pressured
- Not feeling afraid
- Make your own choices

### ***Respect:***

Respect in a relationship is the ability to be you and having your partner love you for being you. It's about sharing your ideas, thoughts and boundaries with your partner and them rooting you on and valuing you for what you believe in.

- Respect differences
- Isn't controlling
- Has trust in you
- Doesn't try to change you
- Encourages you
- Is supportive of you

Dating can be so much fun, but it can also be awkward, weird and uncomfortable at times. You should not have to bend your beliefs or boundaries for someone that loves you, they should love you for YOU! If you ever feel unsafe, tell your friend, your parents, your aunt, your neighbor, the lunch lady- just tell someone you trust. If you don't feel comfortable with telling someone you know- call us at 218-547-1636 or visit

[www.loveisrecept.org](http://www.loveisrecept.org).



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