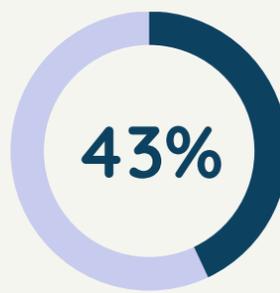


# THE MORE YOU KNOW...

## 1 in 3

1 in 3 U.S. teens experience physical, sexual or emotional abuse from someone they're in a relationship with, before they become adults.



Percentage of US college women who report experiencing violent or abusive dating behaviors.

source: [loveisrespect.org/get-involved/tdvam/](https://loveisrespect.org/get-involved/tdvam/)

## A HEALTHY RELATIONSHIP MEANS YOU AND YOUR PARTNER:

- are equal, honest and respectful to each other.
- communicate openly.
- enjoy spending time apart from one another.
- make mutual choices together.
- honor each other's boundaries.



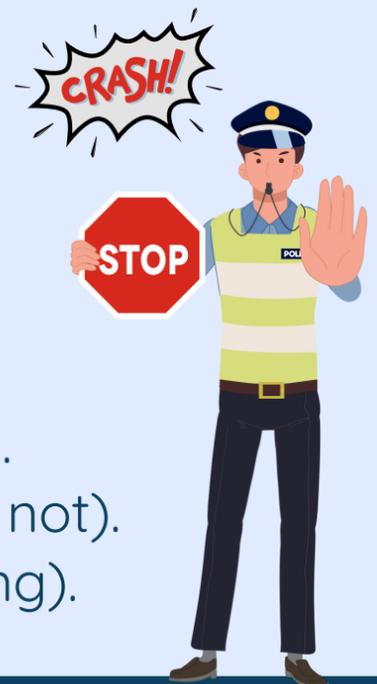
## YOUR RELATIONSHIP MAY BE UNHEALTHY IF YOUR PARTNER:

- is dishonest, disrespectful or distrustful.
- isolates you from others.
- pressures you to do things you're not comfortable with.
- purposely tries to make you jealous.
- withholds communication.
- expects you to follow different 'rules'.



## YOUR RELATIONSHIP IS ABUSIVE WHEN YOUR PARTNER:

- is violent in any way.
- communicates in a threatening way, calls you names, insults you.
- controls you, isolates you from friends.
- accuses you of cheating (when you're not).
- denies their abusive actions (gaslighting).



## Help is Available:

**National Domestic Violence Hotline:**  
**call 800-799-SAFE or text 88788**  
**[www.thehotline.org](http://www.thehotline.org)**

DV Out Loud

Find more at:



[dvoutloud.org](http://dvoutloud.org)



@dvoutloud

For educational purposes only.

The habits + decisions you're making **today** are creating the life your future self will be living tomorrow.

## THINGS YOUR FUTURE SELF WANTS YOU TO DO STARTING TODAY:



When making decisions, think about the impact over time.

Whether it's a habit, a one-time-thing, or someone you're choosing to be around, ask yourself this:  
*"Will this contribute to who I want to be, or will it set me back?"*

### LOOK OUT FOR FUTURE YOU



Boundaries are a way of establishing our own personal 'rules of engagement', without controlling or changing others.

It's *"I want you in my life, but if you choose not to honor my boundary of (your boundary), I will remove your access to me."*

### SET BOUNDARIES, THEN HOLD THEM



Don't put things out into the world *photo or text* - you won't want your future self to deal with. **Period.**

It may not matter to you today, but it **ABSOLUTELY** will.

And if someone is pressuring you, remember: they won't have to live with the long-term impact - **YOU** will.

### KEEP SOME THINGS PRIVATE



You are constantly growing and changing - it's perfectly normal for friendships and relationships to change (*or end*), too.

Let go when it's time and focus on being grateful for the experience you shared (or the lessons!)

### RELATIONSHIPS CHANGE (AND THAT'S OKAY)



Embrace your weirdness! You are not here to build your life according to what your parents or friends or teachers or boyfriends or girlfriends want.

You are here to create an experience that is uniquely yours.

### YOUR PATH IS YOURS, PERIOD.

DV Out Loud

Find more at:

 [dvoutloud.org](http://dvoutloud.org)

 [@dvoutloud](https://www.instagram.com/dvoutloud)

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