Know the Signs of an Unhealthy Teen Relationship

For parents, caregivers, mentors, or any adults supporting youth.

10 Healthy Signs:

- Comfortable Pace
- Trust
- Honesty
- Independence
- Respect
- Equality
- Kindness
- Taking Responsibility
- Healthy Conflict
- Fun

10 Unhealthy Signs:

- Intensity
- Possessiveness
- Manipulation
- Isolation
- Sabotage
- Belittling
- Guilting
- Volatility
- Deflecting Responsibility
- Betrayal

Red flags in relationships can be subtle. If something feels off, it's okay to check in with compassion. Let them know you are there to support, not judge or fix.

Your support can help youth shape how they see themselves and what they deserve in relationships. **We all deserve healthy love.**

CVIC Community Violence Intervention Center