

Mental Health Moment

Presented by the Counseling Department

Healthy Relationships

February is a month that can be full of all the good things like love, happiness, joy, the start of spring season and so much more. But for some, Valentine's Day isn't a day full of all the good things. Sometimes it's a scary time in a relationship because things turn violent. February is Teen Dating Violence Awareness month where we bring awareness to the fact that some of you may be in harmful, unhealthy relationships that is causing you physical, emotional, and mental pain. Maybe you know you're in a relationship that has toxic traits but you rationalize it away by saying things like "they don't know any better" or "they didn't mean that, they're just angry." While those things may be true in some instances, is that the usual way your significant other behaves or is it just an isolated incident? Read on through this month's Mental Health Moment to help you distinguish the status of your relationship and resources for help if you need it. If you're not in relationship now, this information is essential to learn and understand so that when you do engage in a romantic relationship with someone in the future you will have an idea of what to look for and what to steer clear of. Our goal is for every student to learn healthy relationship styles that will aid in all future relationships, romantic or otherwise. As always, if you need immediate help, speak with your parents and see your school counselor for assistance.

Warmly,

Your Counseling Team



TRAITS OF A HEALTHY REALTIONSHIP

by Michelle Farris, LMFT

- 1 **BALANCING THE NEEDS OF THE RELATIONSHIP WITH THE NEEDS FOR SELF-CARE**
- 2 **A WILLINGNESS TO COMMUNICATE WITHOUT BLAME AND STICK TO THE POINT**
- 3 **KNOWS WHEN TO TALK THINGS OUT AND WHEN TO WAIT UNTIL A BETTER TIME**
- 4 **PHYSICAL TOUCH AND AFFECTION THAT IS MUTUALLY ENJOYABLE**
- 5 **ABLE TO EXPRESS ANGER ASSERTIVELY WITHOUT BLAME OR MAKING THE OTHER PERSON WRONG**
- 6 **KNOW WHEN IT'S TIME TO SEEK OUTSIDE HELP**
- 7 **SUPPORT EACH OTHER WITHOUT HAVING TO FIX IT OR AGREE**
- 8 **RESPECT DIFFERENCES WITHOUT EXPRESSING JUDGMENT**

CounselingRecovery.com

Need Help?

Text: LOVEIS to 22522

Call 1.866.331.9474

Scan the code to take a copy:





Teens: Is Your Relationship Safe?

Dependable
Negotiation
Boundaries
Giving
Loyal
Freedom
Playful
Acceptance
Value
Communication
Fun
Peace
Happiness
Honesty
Trust
Safety
Warmth
Respect
Calm
WinWin
Reliable
Authentic
Fairness
Appreciation
Listening
Considerate
Affection
Love
Kindness
Wellness
Secure
Support
Responsibility
Compromise
Apologies
Conflict Resolution

www.seethetriumph.org

KNOW THE 8 BEFORE IT'S TOO LATE

1 INTENSITY
Excessive charm, **LYING** to cover up insecurity, needing to win over your friends and family immediately, **OVER THE TOP** gestures that seem too much too soon, **BOMBARDING** you with numerous texts and emails in a short time, behaving obsessively, insisting that you get serious **IMMEDIATELY**.

2 JEALOUSY
Responding **IRRATIONALLY** when you interact with other people, becoming **ANGRY** when you speak with the opposite sex, persistently **ACCUSING** you of flirting/cheating, resenting your time with friends and family or **DEMANDING** to know private details of your life.

3 CONTROL
TELLING how to wear your hair, when to speak or what to think, showing up **UNINVITED** at your home/ school/job, **CHECKING** your cell phone, emails, Facebook, going through your belongings, following you, sexually coercing you or making you **FEEL BAD** about yourself.

4 ISOLATION
INSISTING you only spend time with him or her, making you emotionally or psychologically **DEPENDENT**, preventing you from seeing your family or friends, or from going to school or work.

5 CRITICISM
Calling you overweight, **UGLY**, **STUPID** or crazy, ridiculing your beliefs, ambitions or friends, telling you he or she is the only one who really cares about you, **BRAINWASHING** you to feel worthless.

6 SABOTAGE
Making you **MISS** work, school, an interview, test or competition by starting a fight, having a **MELTDOWN** or getting sick, breaking up with you or **HIDING** your keys, wallet, text books or phone, **STEALING** your belongings.

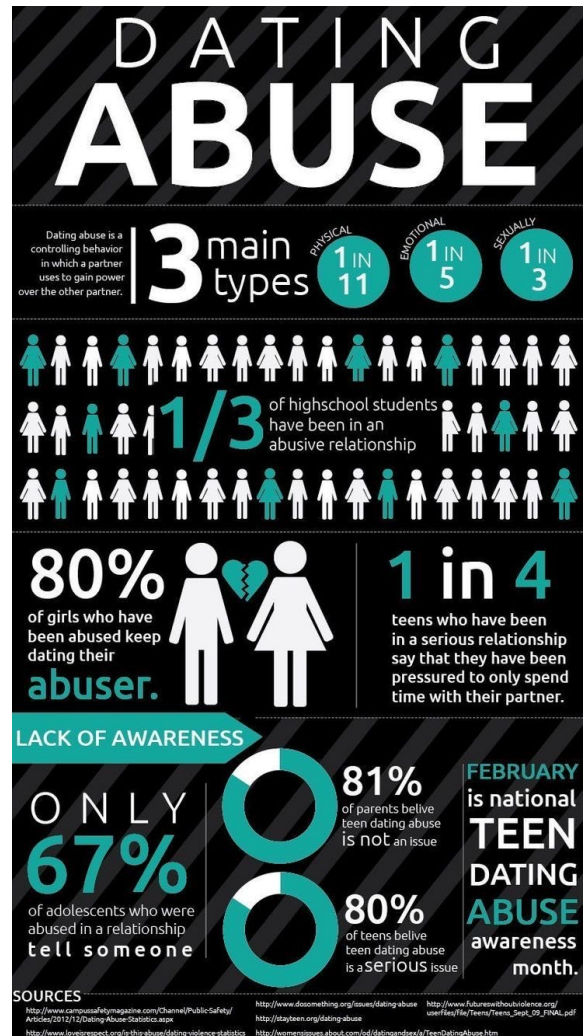
7 BLAME
Making you feel **GUILTY** and responsible for his or her behavior, blaming the world or you for his or her **PROBLEMS**, emotional manipulation, always saying "this is your **FAULT**."

8 ANGER
OVERREACTING to small problems, frequently losing control, violent **OUTBURSTS**, having severe mood swings, drinking or partying excessively when upset, making **THREATS**, picking **FIGHTS**, having a history of violent behavior and making you feel **AFRAID**.

Beauty Cares.

www.BeautyCares.org

If your partner either threatens or physically abuses you, which includes pushing or shoving, there is no justification and it will only get worse. Tell your family and call the national domestic abuse hotline immediately.
FOR HELP: 1-800-799-SAFE.

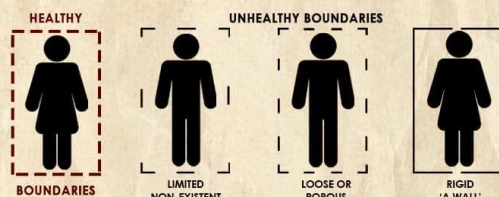


MIND JOURNAL

Signs Of

HEALTHY BOUNDARIES:

01. Saying 'NO' without guilt.
02. Asking for what you want or need.
03. Taking care of yourself.
04. Saying "yes" because you want to, not out of obligations or to please others.
05. Behaving according to your own values & beliefs
06. Feeling safe to express difficult emotions & have disagreements.
07. Feeling supported to pursue your own goals.
08. Being treated as an equal.
09. Taking responsibility for your own happiness.
10. Not feeling responsible for someone else's happiness.
11. Being in tune with your own feelings.
12. Knowing who you are, what you believe, what you like.



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