# Heart-to-Heart TEEN TOOLKIT

# TERMS TO KNOW

### **Cushioning**:

Maintaining backup options while in a relationship, in case the current relationship doesn't work out.

### **Zombieing**:

Ghosting someone, but then deciding to come back into their life like nothing happened.

### **Monkey Branching:**

Jumping from one relationship to another without a break in between.

# WARNING SIGNS

- Sudden change in appearance, diet, or habits
- Failing grades or excessive absences
- Mood swings or change in personality
- Avoiding friends and family
- Unexplained bruises or marks

# ASK YOURSELF

Knowing you're in a healthy relationship starts with asking the right questions and giving honest answers:

• Does your partner blame you for everything?



• Does your partner accuse you of cheating without evidence?



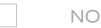
• Does your partner get upset when you spend time with friends or family?

YES	NO	

• Does your partner smother you?

YES

YES



• Are you afraid to break up with your partner?

If you answered **YES** to any of the above questions:

NO

#### Score: O - 1

Healthy relationships take work. Continue to communicate and foster good dating habits.

#### Score: 2-3

You may not be aware, but these actions could hurt you or your relationship.

#### Score: 4-5

The first step in improving your relationship is recognizing unhealthy actions. Consider talking to a parent or friend.

FL Abuse Hotline: **1.800.962.2873** FL Domestic Violence Hotline: **1.800.500.1119** Online Resource: **MyFLFamilies.com/HEART** 

