

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

- 1 Sudden change in appearance, diet, or habits
- 2 Failing grades or excessive absences
- 3 Mood swings or change in personality
- 4 Avoiding friends and family
- 5 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?**

YES NO

- **Does your partner accuse you of cheating without evidence?**

YES NO

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

YES NO

- **Does your partner smother you?**

YES NO

- **Are you afraid to break up with your partner?**

YES NO

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

Score: 0 - 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.

