

Your Personal Safety: Relationships & Dating

A **boundary** is the personal space that you keep between yourself and others. Boundaries must be respected.

It is very important to have good, healthy, strong boundaries, to know what they are and to be able to tell them to others.

Boundaries protect both persons in the relationship.

Some **boundaries violations** are small and do not seem significant. Others pose serious threats to your safety and well-being. Some are so serious that they are illegal, including harassment, sexual harassment, and sexual assault. Get help from a trusted adult with serious boundary violations.

Dating violence --Grooming, force and violence are not okay in relationships. Dating violence is any physical, verbal or emotional abuse or violence that occurs between dating partners. Both genders can be abused. The victim is never at fault.

Caring for Friends – How to Help

- Listen to your friend. Support your friend.
- Do not give advice or ultimatums.
- Encourage your friend to seek help. Offer to go with your friend to talk with a trusted adult.
- Do not blame the victim.
- Respect your friend's dignity and choices.

National Teen Dating Abuse Helpline 1-866-331-9474

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