



love is respect .org

National Teen Dating Abuse Helpline

1-866-331-9474 1-866-331-8453 TTY

Healthy Relationships

Do you sometimes wonder if the things happening in your relationship are normal? Does the way your boyfriend or girlfriend treats you bother you? These are some questions that may help you **decide if your relationship is healthy or not.**

Do you:

- Ever feel **guilty** about having your own friends and own interests?
- Often feel **pressured** to spend time with your boyfriend/girlfriend when you'd rather do something else?
- Keep opinions or concerns **to yourself** to make things easier?
- **Change your behavior** to avoid fighting with your boyfriend/girlfriend?

Does your boyfriend/girlfriend:

- Get **jealous** when you talk to friends of the opposite sex?
- **Complain** about or try to control what you wear?
- Call or text you **excessively**?
- **Push you** to do things you aren't sure you want to (like sex, drugs)?

If you answered yes to at least one of these questions, or if you have your own questions about healthy relationships, please call the loveisrespect.org hotline. We're here **24 hours a day, 365 days a year.** Contact us by phone at **1-866-331-9474 (1-866-331-8453 TTY)** or chat online from 4pm - 2am CST. All calls and chats are anonymous and confidential.