

**Be proactive! Seeking help IS strength.**  
 If you or a friend is in an UNHEALTHY relationship, reach out to a trusted adult or use the contacts listed on the other side to ask for help.

- Pressuring for sexual activity.
- Physically hurting — i.e., slapping, grabbing, pushing.
- Name calling, humiliating and threatening.
- Controlling individual choices, friends and hobbies.
- Constantly text messaging, monitoring social media and following — stalking and digital stalking.

### What does an unhealthy dating relationship look like?

- Supporting personal interests, choices and friendships.
- Having fun together.
- Giving personal space and developing trust.
- Making mutual decisions.
- Being kind, supportive and respectful.

### Everybody deserves to be treated well. What should a healthy dating relationship look like?



# SPEAK UP

## Against Teen Dating Violence

*If you suspect teen dating violence, tell a school counselor, teacher, staff member, or medical provider. Help is available.*

**[www.loveisrespect.org](http://www.loveisrespect.org)**

- text “loveis” to 22522

**National Teen Dating Violence Hotline**

- 1-866-331-9497

**Fleet and Family Support Center**

- [www.ffsp.navy.mil](http://www.ffsp.navy.mil)

**MilitaryOneSource**

- [www.militaryonesource.mil](http://www.militaryonesource.mil)
- 1-800-342-9647



**#SpeakUPTDV**

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