



Teen Dating Safety Tips for Parents

Remember to be open and non-judgmental when talking to your kids about dating safety. This will help them to feel safe and secure when discussing any topic with you. Let your kids know what you expect when it comes to their dating relationships. Here are some dating safety tips and topics to discuss with your kids:

- Dating in a group setting is a safe way to date and to get to know one another
- Make sure you know who your child is going out with and where they are going
- Be assertive in a relationship:
 - Know what you want
 - Have clear expectations and communicate those expectations
 - Expect respect
 - Don't change yourself for a relationship
- Date someone with similar interests and values
- Evaluate to determine if the relationship is unhealthy or healthy:
 - Is it conditional or unconditional?
 - Is it controlling?
 - Is it respectful or disrespectful?
 - Is it trusting, equal, and supportive?
 - Is it mostly physical or is there attraction on many levels?
- If a relationship is unhealthy (conditional, controlling, and mostly physical,) it is time to break up.
- Break ups should be done privately and in a safe place with honesty and without cruelty (unless it is an abusive relationship.)
- If a relationship is abusive, break ups should be done by telephone and not in person.
- If physical violence occurs, report it to the police immediately.
- For more information, visit www.loveisrespect.org

Tips have been adapted from Relationships Smarts PLUS by Marline E. Pearson, 2013.

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