



Your Most Trusted Resource  
for Life's Relationships

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FOR IMMEDIATE RELEASE

## Healthy Relationships for Teenagers

The teenage years are an exciting time. Teens experience all sorts of new situations, gaining freedom they did not have in childhood, and starting to experiment and discover who they are as a person. One of the areas many teenagers start to become involved in is dating. And many adolescence do not know how to create a healthy relationship due to a lack of appropriate examples in their lives, no relationship education, or poor decision making on their part.

There are lots of components that go into a healthy relationship, but the following three need to be presented in order to set a good foundation for a healthy relationship.

One, a healthy relationship has good boundaries set at the beginning. With good boundaries set, when one partner says no to something, the other partner respects that and does not try to force the other to do something. It is healthy to set boundaries early in the relationship!

Two, in a healthy relationship there is a sense of individuality as well as togetherness. Dating partners should encourage each other to do things separately with friends and to do activities they enjoy with others. There should be a 'you', a 'me' and an 'us' at all times in a healthy relationship.

Three, teens should be encouraged to be in a relationship where their dating partner is making decisions and choices that align with their own morals and values. If teens are in a relationship where they are continually put in uncomfortable situations, this can turn into a problem. Either they will begin arguing over these activities or they will start compromising their own values or morals.

Below are ways you, as a parent, can help your teen or a friend establish health in their relationships.

\*Talk to your teenagers. Education about healthy relationships in the home is one of the best ways to prevent your teens from getting into relationships that are controlling and unhealthy.

\* Send your teens to educational classes or short-term therapy where they can talk to professionals and ask questions they may not be comfortable asking at home.

\*Encourage group dating at the beginning of a relationship. This will help your teen get comfortable in a dating setting, but also have accountability with other friends.

\* Have your teenager and their dating partner in your home. Get to know the people your teenager is dating and let them know your house is a safe place to hang out.

**Remember education is the best prevention tool. Help your teen talk about healthy relationships in the home!**

Chelsie Sargent, M.Ed., LPC, CART, is a counselor at Shield-Bearer Counseling Centers who provided Dating Violence Prevention programs to over 15,000 students last school year. Upcoming presentation dates in the Greater Houston area include: November 10, 2010, December 12, 2010 and February 16, 2011  
Call Roy at 281.894.7222 to observe a live presentation. Learn more about Chelsie and Shield-Bearer, a 501c3 charity, at [FightingForHearts.Org](http://FightingForHearts.Org).