

A Young Person's Guide to



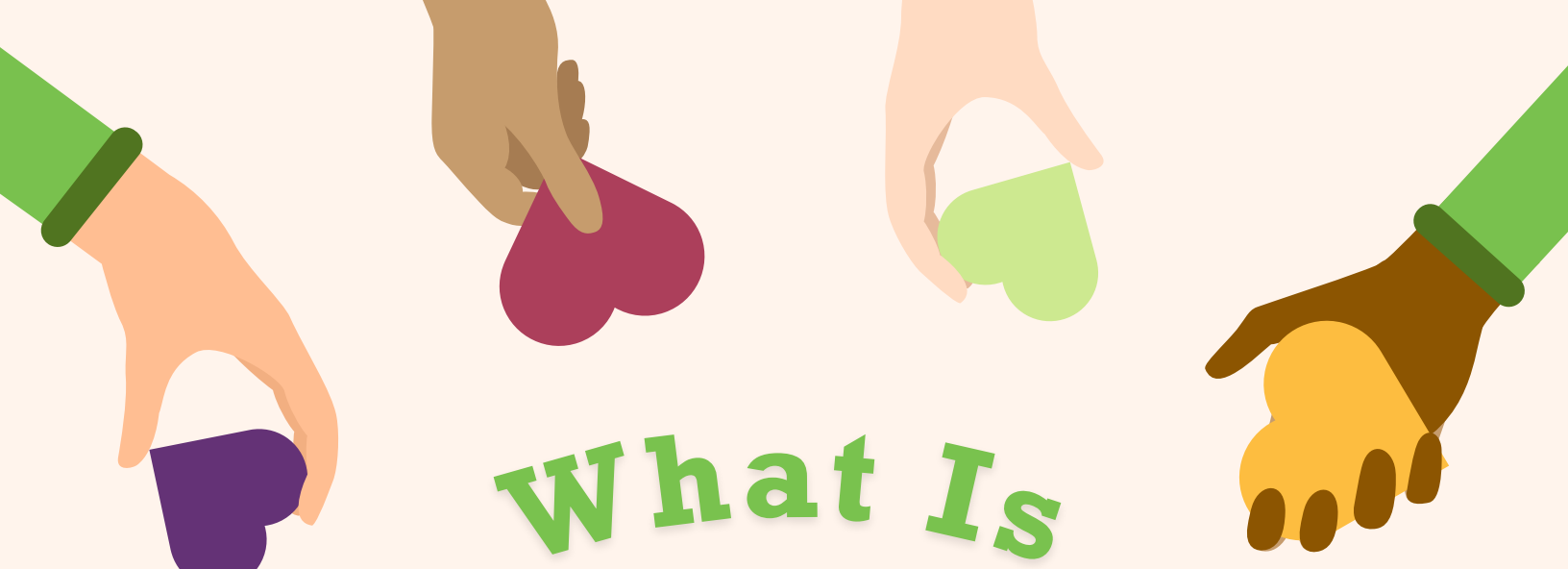
Healthy



Relationships



Crafted by
New Beginnings
Social Change
Program

Four hands of different skin tones (light orange, brown, light orange, and dark brown) are shown from the wrist down, each holding a heart. The hearts are purple, maroon, light green, and yellow. The hands are arranged in a circle around the title.

What Is This Zine?

New Beginnings is a non-profit organization that works to promote healthy relationships and support individuals and families who have experienced domestic violence. Our Social Change Program facilitates healthy relationships groups for middle school students across Seattle and fosters leadership opportunities for middle and high school students interested in peer education and activism.

We know that young people want and deserve healthy relationships and that many of you need more information! So we created this resource to share reflection questions, information on red and green flags in relationships, tips for how to help a friend experiencing harm and more. DM us via Instagram @NBCrushinit or email us at info@newbegin.org if you want to learn more about our programs!

Let's get started!



Think of a couple you admire. What do you like about their relationship? How do they treat one another?

What makes you feel safe in a relationship?

What makes you feel valued?

How do you make others feel valued?

Reflections on Healthy Relationships!

How can you handle complex feelings like jealousy and rejection in a healthy way?

Who could you talk to if you are struggling with a relationship?

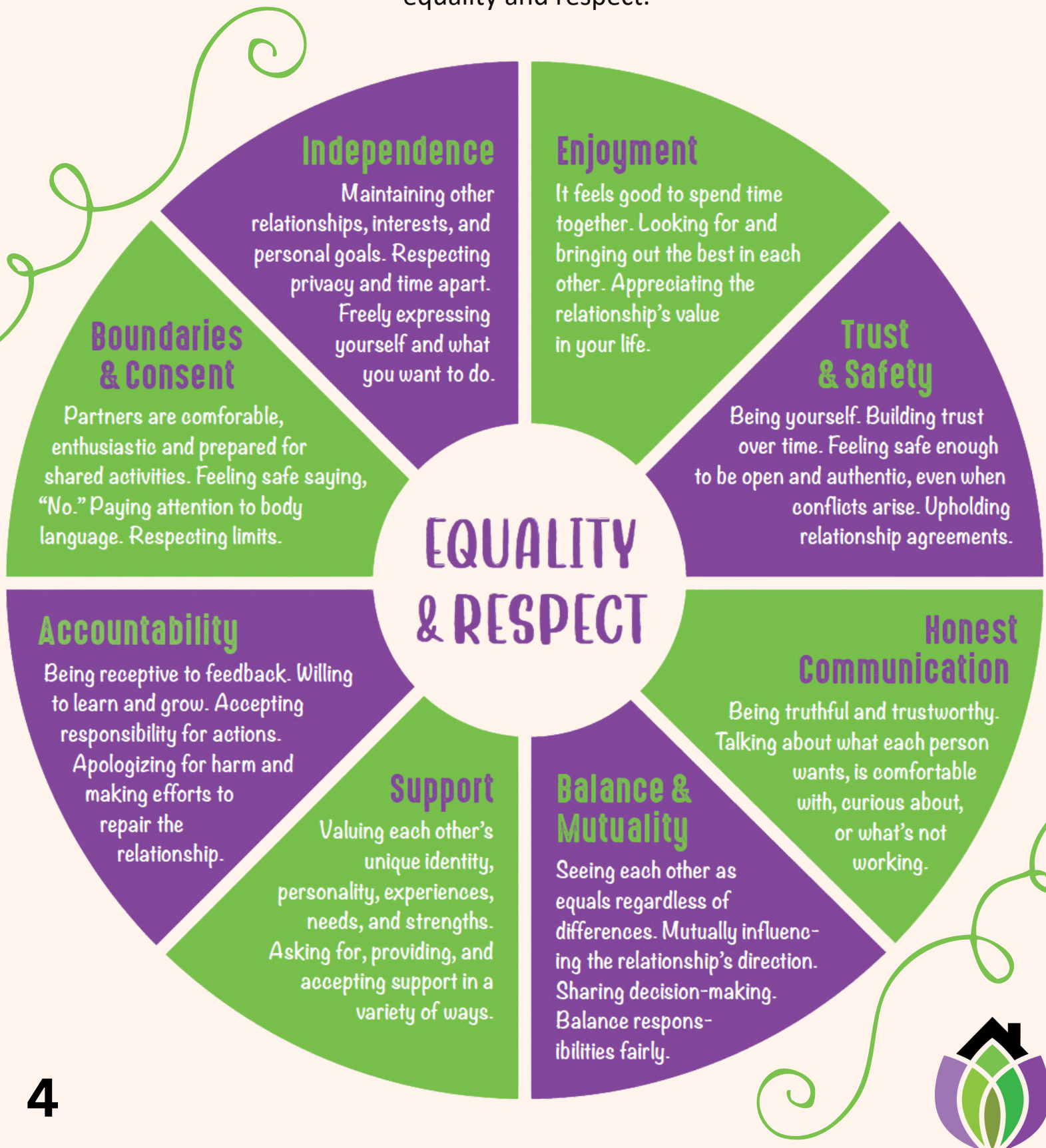
What boundaries are important to you in your relationships?

What messages or advice from social media make relationships more confusing?

How do you want people to respond when you say "no"?

Equality and Respect Wheel

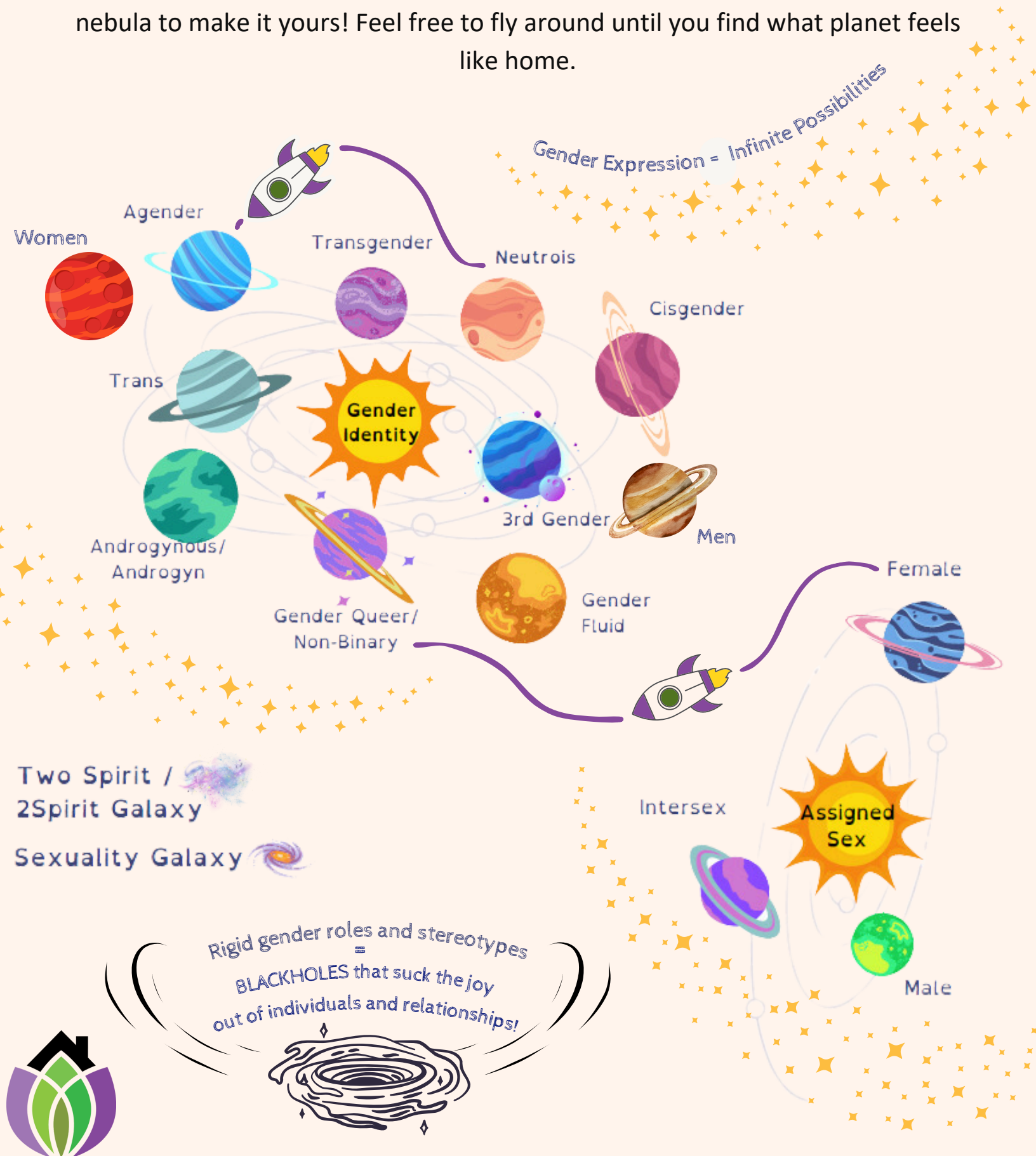
This wheel represents elements that are important for developing and maintaining healthy relationships. It is important that our relationships are built on a foundation of equality and respect.



Gender Galaxy

5

There's room for everyone here! Add your own planet, comet, moon, or nebula to make it yours! Feel free to fly around until you find what planet feels like home.



Isms Chart

Relationship harm doesn't happen out of nowhere. See below how power over others has become a norm.

ISM (type of oppression)	TARGET (less power in society)	AGENT (more power in society)
RACISM	PEOPLE OF COLOR	WHITE PEOPLE
CLASSISM	WORKING CLASS/LOW INCOME	UPPER CLASS/WEALTHY
SEXISM	CIS WOMEN, FEMMES, GENDER NON-CONFORMING PEOPLE	CIS MEN
CISSEXISM	TRANSGENDER, NON-BINARY, GENDER FLUID PEOPLE	CIS GENDER PEOPLE
HETEROSEXISM	QUEER/LGBTQ+	HETEROSEXUAL/STRAIGHT
ABLEISM	PEOPLE WITH DISABILITIES, NEURODIVERGENT	ABLEBODIED, NEUROTYPICAL
AGEISM/ADULTISM	ELDERS, CHILDREN, TEENS	ADULTS
NATIONALISM	PEOPLE BORN OUTSIDE THE UNITED STATES	BORN IN THE UNITED STATES
RELIGIOUS DISCRIMINATION	MUSLIMS, JEWS, HINDUS, OTHER RELIGIONS, NOT RELIGIOUS	CHRISTIANS
COLONIALISM	INDIGENOUS PEOPLE	COLONIZER

Oppression: When a person or group of people (like the ones listed in the target category above) who have power use it in a way that is unfair, unjust or cruel.*

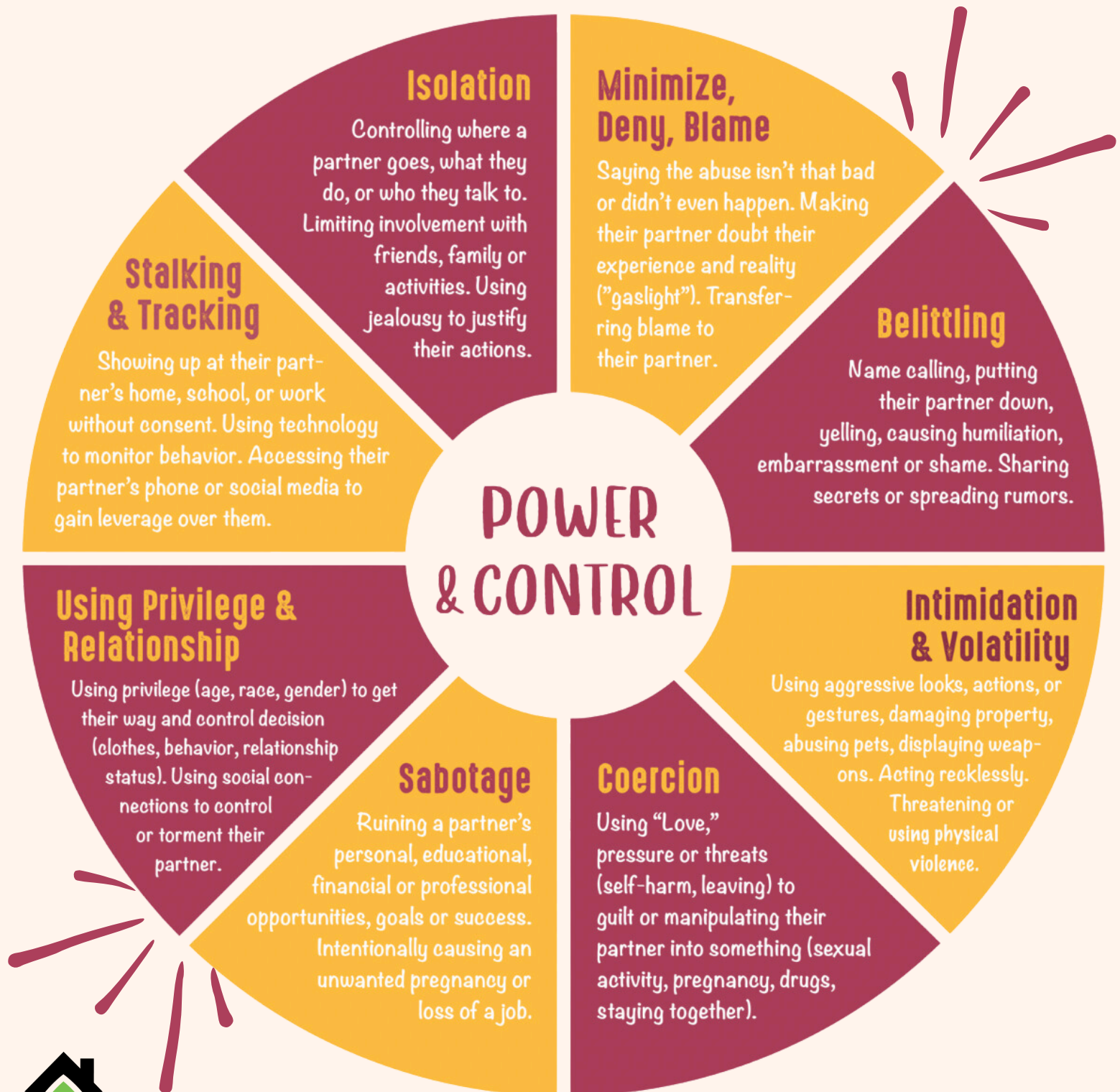
Privilege: The unearned/undeserved power that some groups (like the ones listed in the agent category above) have in society have over others.

*Oppression definition from Kiddle Encyclopedia



Power and Control Wheel

This wheel represents many of the tactics used in abusive relationships. They are used by one person in the relationship to gain/maintain power and control over the other. Relationship abuse is not an isolated incident, but a consistent pattern using one or more of these behaviors.



Consent

Freely Given: not using pressure, threats or bribes

Reversible: you can change your mind at anytime, even after you said yes during the activity, without retaliation

Informed: having all the information you need about the activity including people involved, possible risks and options to increase safety

Enthusiastic: genuinely wanting to do the thing, understanding that enthusiasm can look different from different people

Specific: agreeing to one thing (dating, kissing, etc.) doesn't mean you are agreeing to anything else

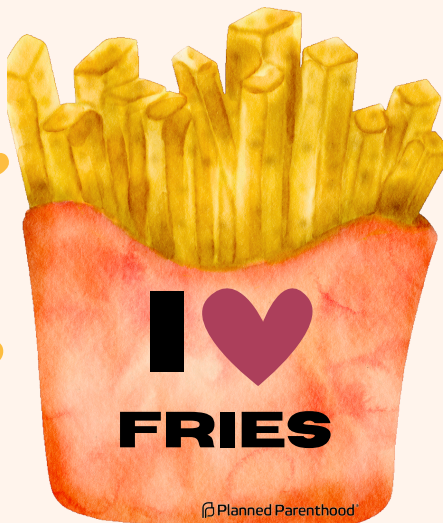
FREELY GIVEN

REVERSIBLE

INFORMED

ENTHUSIASTIC

SPECIFIC



COERCION BITES

Manipulating or pressuring someone to do something they don't want to do. Using mental and emotional force.



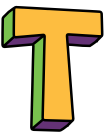
BRIBES

Offering something important or of high value if someone does something they clearly don't want to do



IGNORING BOUNDARIES

Keep pushing when someone already said no, or not asking for consent so that someone doesn't have the opportunity to set a boundary



THREATS

Physical threats, or implied threats (if someone gets mad when they hear "no" they show they are not a safe person to say "no" to)



EMOTIONAL MANIPULATION

"If you loved me you would do it" or lying to manipulate how someone feels about a person or situation. It could be intentionally triggering a stress response like freeze or fawn



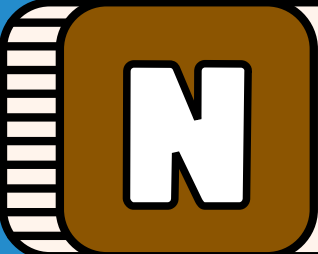
STEREOTYPES

Saying that a "good girlfriend" or a "real man" would do something or be good at something, or using any other stereotype to pressure someone



NOPE

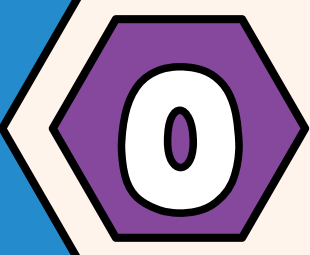
BOUNDARY SETTING



N

Negotiate

For activities you would be interested in
if you could change some details



O

Object

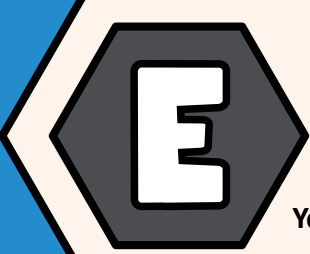
For activities you do not want to do



P

Postpone

For activities you might be interested in or ready for but
aren't available or want more time to think about it



E

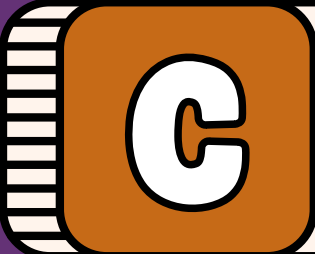
Explain/Evade

You can Explain why the boundary is important to you
if you think that will help someone remember it
You can Evade by using an excuse or lie to protect your boundary
when you might not know or trust someone

NOPE can be used in any order and any combination
(You can Object at any time, even after
Negotiating and Postponing)

CARE

BOUNDARY ENFORCING



C

Conversations

End conversations by walking away, hanging up, not texting back, or changing the subject



A

Access

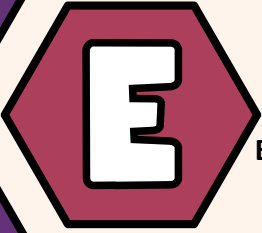
End access by removing, muting, or blocking someone or walking a different route from them, sitting in a different seat



R

Relationships

End relationships by saying you need space or don't want to see each other anymore



E

Energy

End/shift energy by redirecting your thoughts, feelings, and time to relationships and activities that bring you joy or purpose

CARE is often used in order, but if you must continue interacting with someone, you can end energy first by going "grey rock" (If you feel nervous about enforcing your boundaries you can reach out to Teen Link or other resources to help make a plan that works for you)

Cyber Abuse

TEXT BOMBING

Constant texting for a prolonged period of time with the purpose of harassment. Continued texting after a boundary has been set.

EXPLICIT PHOTOS

Pressure to send, share, post, or blackmail with use of explicit photos.

Anyone under the age of 18 can be in legal troubles for possession of explicit photos.

SOCIAL MEDIA CONTROL

Control of what a person can or cannot post, follow, like, repost, share or who they can or cannot contact over social media, and control over the access of which platforms a person can use.

LOCATION TRACKING

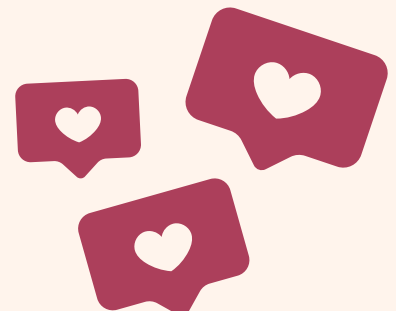
Use of shared location to constantly track someone without their consent.

SOCIAL MEDIA STALKING

Constant tracking and/or recording of someone's social media content. Knowing every detail of a person's cyber life.

CYBER BLACKMAIL

Using personal photos or information to force someone to do something.





4

PARTS OF

ACCOUNTABILITY

a guide to self-accountability
Created by Mia Mingus

SELF-REFLECTION

Think about how your actions or inaction caused harm
and how you could do better next time

APOLOGIZE

Saying you are sorry for the harm you caused and you understand how your
actions or inaction caused harm

Note: "I'm sorry you feel that way" is not an apology

REPAIR

Do something extra kind, thoughtful, and meaningful
to show how much the relationship means to you

CHANGE BEHAVIOR

Stop doing the harmful behavior and start practicing better behavior

Relationship Red Flags

- 1** One partner makes all or most decisions
- 2** Partners spend all their time together and neglect other relationships
- 3** One or both partners feel like they need to walk on eggshells
- 4** Feeling like they can't be honest about their feelings
- 5** Being jealous and distrustful
- 6** Using jealousy as an excuse to control who the other spends time with
- 7** Looking through the other's private messages without permission
- 8** Being physically violent, threatening, or intimidating
- 9** One partner controlling what the other partner wears
- 10** Pressuring the other partner to have sex



Relationship Green Flags



1 Partners trust one another

2 Partners have equal decision making power

3 Partners respect and support one another's interests, hobbies, and relationships

4 Partners feel like they can be themselves around one another

5 Partners talk openly and honestly about feelings and relationships challenges

6 Partners discuss and respect one another's boundaries

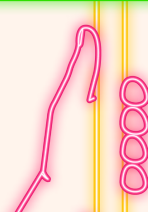
7 Partners support one another and build one another up

8 Partners are patient and do not pressure or manipulate one another

9 Partners feel comfortable being independent of one another

10 Partners are willing to take accountability, apologize for harm, and actively work to repair the relationship

YES!



How to Support

A Friend In an Unhealthy Relationship

1

Reach out: Ask how they are feeling about the relationship. Mention specific behaviors you have observed.

2

Listen: Be non-judgmental, supportive, patient, and available when they want to talk. Let them hear that everyone deserves to be treated with respect.

3

Share knowledge: Any type of abuse is not okay. Harm usually gets worse over time. Leaving the relationship can be the most dangerous time in an abusive relationship. There are people that can help!

4

Share resources: Connect them to resources in the community (see page 22-23).

5

Safety plan: Help them develop a plan to stay safe, especially during a break-up (pg 19-21).

6

Protect privacy: Don't contact your friend's partner without their permission.

7

Be careful not to minimize harm, victim blame, demonize the person doing harm (vs focusing on their behaviors), or demand they end the relationship.

How to Support

A Friend Who Is Using Unhealthy Tactics

1

See the problem: Don't ignore sexist or violent jokes or other patterns of harm.

2

Help them recognize the behavior and harm they are causing. Be specific about what you're seeing and tell them that the behavior is not OK or normal.

3

Accountability: Don't support victim blaming. Ask them questions to help them consider their partner's feelings and understand their impact.

4

Support your friend: Stay in touch and support them over the long-term. Let them know that you're a resource and that you believe they can do better.

They deserve to have a **healthy relationship** too

The 5 **D**s of Bystander Intervention

*Please prioritize your safety when using any of the 5 Ds

1

DIRECT

address the situation with the person doing harm and/or being harmed

2

DELAY

after the incident, privately call-in the person who caused harm and/or check in with the person who was harmed

3

DELEGATE

get someone else to intervene (this could be a trusted adult or a peer with more sway in this situation)

4

DISTRACT

ask something random or make a scene (the purpose is to distract the person causing harm and/or give the target a way out)

5

DOCUMENT

immediately write down what happened, get a picture, video, or screen shot

Safety Planning I

Safety Planning is just what it sounds like - it's creating a customized plan to help keep you safe. You can create a safety plan if you're in a relationship that you're concerned about or to protect yourself after you've left an abusive relationship. It's good to brainstorm with friends, family or counselors to come up with the strongest plan possible. But it's also OK to do some thinking on your own if you're not ready to reach out. The guide below can help you think through what you might want to include in a safety plan for yourself or a friend.



STAYING SAFE AT SCHOOL:

- ☐ The safest way for me to get to and from school is: _____
- ☐ If I need to leave in an emergency, I can get home by: _____
- ☐ I can make sure that a friend can walk with me between class. I will ask: _____
- ☐ I will eat lunch in an area where there are school staff nearby. These are some areas where I feel safe: _____
- ☐ I could talk to the following people if I need to rearrange my schedule or if I need help staying safe at school: Principal, Coach _____, Teachers: _____, School Counselor _____

STAYING SAFE AT HOME:

- ☐ I can tell this family member about what is going on in my relationship: _____
- ☐ There may be times when no one is home. During those times, I can have people stay with me like: _____
- ☐ The safest way for me to leave home in an emergency is: _____
- ☐ If I have to leave in an emergency, I should try to go to a place that is public, safe, and unknown by my abuser. I could go here: _____
- ☐ I will use a code word so I can alert my family, friends, and neighbors to call for help without my abuser knowing about it. My code word is: _____

Notes :

Notes :



Safety Planning II

STAYING SAFE EMOTIONALLY:

- ☐ My abuser often tries to make me feel bad about myself by saying/doing this: _____
- ☐ When they do this, I will think of these things I like about myself: _____
- ☐ I will do things I enjoy, like: _____
- ☐ I will join clubs or organizations that interest me, like: _____ or _____

GETTING HELP IN MY COMMUNITY:

- ☐ For emergencies: 911
- ☐ National Teen Dating Violence Hotline: 1-866-331-9474
- ☐ Local police station: _____
- ☐ Local domestic violence organization: _____
- ☐ Local free legal assistance: _____
- ☐ Nearest youth shelter: _____

Notes :

Notes :

Safety Planning III

THINGS I CAN DO TO HELP KEEP MYSELF SAFE EVERY DAY:

- ☐ Carry my cell phone and important telephone numbers with me at all times
- ☐ Keep in touch with someone I trust about where I am or what I'm doing
- ☐ Stay out of isolated places and try to never walk around alone
- ☐ Avoid places where my abuser or their friends and family are likely to be
- ☐ Keep the doors and windows locked when I am home, especially if I'm alone
- ☐ Avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous
- ☐ Call 911 if I feel my safety is at risk
- ☐ Look into getting a protective order so that I'll have legal support in keeping my abuser away
- ☐ Remember that the abuse is not my fault and that I deserve a safe and healthy relationship

THINGS I CAN DO TO HELP KEEP MYSELF SAFE SOCIALLY:

- ☐ Ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help
- ☐ Go to different malls, banks, grocery stores, movie theaters, etc than the ones my abuser goes to or knows about
- ☐ Not go out alone, especially at night
- ☐ Be aware of how to leave safely in case of an emergency
- ☐ Leave if I feel uncomfortable in a situation, no matter what my friends are doing
- ☐ Spend time with people who make me feel safe, supported, and good about myself

THINGS I CAN DO TO HELP KEEP MYSELF SAFE ONLINE:

- ☐ If the abuse and harassment does not stop, I will change my usernames, email, and phone number
- ☐ Set all my online profiles to be as private as they can be. Never give my password to anyone other than my parent/guardian
- ☐ Save and keep track of abusive, threatening, or harassing comments, posts, or texts
- ☐ Not answer any unknown, blocked, or private numbers. Not communicate with my abuser if unnecessary, since any form of communication can be recorded

Resources

New Beginnings Teen
Portal
teen.newbegin.org

DVHopeline
dvhopeline.org
206.737.0242

Lifewire 24-hour helpline
425.746.1940
1.800.827.8840

Teen Link
TeenLink.org
1.866.833.6546

Love Is Respect
LovelsRespect.org
1.866.331.9474 or text LOVEIS to 22522
Create a safety plan at:
loveisrespect.org/personal-safety/create-a-safety-plan

That's Not Cool
ThatsNotCool.com

One Love
JoinOneLove.org

Scarleteen
scarleteen.com

Amaze
amaze.org

Project Be Free
project-be-free.com

API Chaya
apichaya.org
1-877-922-4292

National Teen Dating Violence Hotline
1.800.799.7233

Contact Us:

newbegin.org
teen.newbegin.org

24-hour DVHopeline:
206.737.0242

Email:
info@newbegin.org

Follow on Instagram:
@nbcrushinit
@newbeginningsendingdv

thx!

For more
resources and
to **learn more**,
scan this QR
code!

