

## Signs Your Teen May Be In an Unhealthy Relationship

Your teen has dropped school activities that used to be important to them, since starting to date this person.

Your son's grades have begun to fail, since he's been dating her.

Sudden changes to your daughter's clothing and makeup that is uncharacteristic to her style since she began dating him.

You've noticed a change in body language, since your teen started seeing this person (e.g. nervousness, nail biting, little or no eye contact).

Your son's behavior and decisions have been unexpectedly influenced by his girlfriend.

Your teen displays abnormal behavior (e.g. not eating, not talking).

Sudden changes in your teenager's mood or personality since dating this person. They have constant bad temper and emotional outbursts.

Since seeing her, your son seems increasingly anxious or depressed.

Different forms of explanation in your daughter's conversations with her boyfriend concerning where she's been, what she's been doing, and whom she's been with.

Your son has suddenly become secretive and is acting out since he started seeing her. (Teens naturally have some secretive behaviors while trying to establish their identity. Parents should respect their privacy but pay attention to an increase in secretive or odd behavior.)

Your daughter is becoming more isolated from friends and family, since seeing him.

Your teenager is avoiding eye contact with you, has 'crying outbursts' or gets 'hysterical' since dating this person.

Your teen constantly apologizes for their boyfriend/girlfriend's behavior and makes excuses for them.

Your teen may suddenly change in dress, uncharacteristically covering them up (it may be to cover injuries.)

Your daughter's boyfriend acts extremely jealous when others pay attention to her...especially when it's other guys.

Excessive telephone calls from your teen's boyfriend/girlfriend can be signs of an abusive relationship. Pay close attention to conversations where your teen is justifying what they've been doing and with whom.