

This Valentine's Day...

Let's Talk

"Love"

### Love Looks Like:

- **Respecting** your partner
- Feeling **safe** around them
- Giving them **space**
- Asking for **consent**
- Being **kind** and **empathetic**
- **Equal** balance of power
- **Encouraging** their hobbies and interests

Dating can be a lot of fun!  
But sometimes, it can also be dangerous...

1/3 teens report experiencing verbal, emotional, or physical abuse from a romantic partner.

If your relationship looks less like love and more like abuse, you are not alone.

Reach out to a trusted adult or school counselor, or call a support line.

Your safety matters.

### Abuse Looks Like:

- **Jealousy** and **accusations**
- Trying to **control** what they do
- **Fear** and **intimidation**
- Being **mean** and **insulting** them
- **Pressuring** them to have sex
- **Threatening** to hurt them
- **Hitting, pushing**, or any form of **physical force**



Teen Dating Violence Support Line

1-800-799-7233

or visit

[Loveisrespect.org](http://Loveisrespect.org)



Domestic Violence Services  
of Snohomish County

425-252-2873

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