



regionten

innovative services for mental health, developmental
disabilities and substance use disorders
a better life, a better community



SAP CONNECT

February 2021



HEALTHY RELATIONSHIPS ARE BUILT ON TRUST, RESPECT, & SUPPORT!

Whether it's a friendship or a dating relationship, you **always** have the right to:

- Be respected & heard.
- Say no when you want to.
- Make your own decisions & have your own opinions.
- Talk openly about your feelings.
- Spend time without your friend or partner.
- Enjoy a happy, healthy, & equal relationship.

Examples of Unhealthy Behaviors in a Friendship or Dating Relationship:

- Controlling who someone talks to, hangs out with, or what they wear.
- Insulting or embarrassing others.
- Using guilt to get your way.
- Excessive Jealousy.
- Demanding phone or social media passcodes.
- Peer pressure.



Need help with a relationship in your life?



Talk to your SAP, **Ms. Miller**
(cmiller3@k12albemarle.org),
school counselor, or another trusted adult
in your life!

Other Resources:

The Shelter for Help in Emergency
24-hour Hotline: (434) 293-8509

www.loveisrespect.org