

HANGING OUT OR HOOKING UP?



How's it Going?

And on a Bad Day?

What About Sex?

What About Respect?

How to Help a Friend

Everybody Texts

How's it Going?

Does the person you are seeing (like a boyfriend or a girlfriend):

- ✓ Treat you well?
- ✓ Respect you (including what you feel comfortable with sexually)?
- ✓ Give you space to hang out with your friends?
- ✓ Support you (even if they don't agree with you)?

If you answered **YES** - it sounds like they care about you.

And on a Bad Day?

How often does the person you are seeing:

- ✓ Put you down or make you feel embarrassed or ashamed?
- ✓ Pressure you to go to the next step when you're not ready?
- ✓ Control where you go, what you wear or what you do?
- ✓ Grab your arm, yell at you, or push you when they are angry or frustrated?

Nobody deserves to be treated this way. If these things ever happen in your relationship, talk to someone about it. For more info, go to www.loveisrespect.org.

What About Sex?

Can you talk to the person you are seeing about:

- ✓ How far you want to go sexually?
- ✓ What you don't want to do?

Can you talk to the person you are seeing about:

- ✓ Preventing STDs by using condoms?
- ✓ Birth control?

If you answered **NO** to any of these questions, maybe this person is pushing you to do things you don't want to do. Or you might not feel comfortable bringing this up. Try using this card as a conversation starter. "I got this card in a clinic and wanted to talk about it with you."

What About Respect?

Anyone you're with (whether talking, hanging out, or hooking up) should:

- ✓ Make you feel safe and comfortable.
- ✓ Not pressure you or try to get you drunk or high because they want to have sex with you.
- ✓ Respect your boundaries and ask if you are ok with them touching or kissing you (or whatever else).

How would you want your best friend, sister, or brother to be treated by someone they were going out with? Ask yourself if the person you are seeing treats you with respect, and if you treat them with respect.

How to Help a Friend

Do you have a friend who you think is in an unhealthy relationship? Try these steps to help them:

- Tell your friend what you have seen in their relationship that concerns you.
- Talk in a private place, and don't tell other friends what was said.
- Show them www.loveisrespect.org and give them a copy of this card.
- If you or someone you know is feeling so sad that they plan to hurt themselves and wish they could die—get help. Call the Suicide Hotline: 1-800-273-8255

If you or someone you know ever just wants to talk and sort things out with people who care, you can call these numbers. All of these hotlines are confidential, and you can talk to someone without giving your name.

National Teen Dating Abuse Helpline
866 331-9474 or online chat
www.loveisrespect.org

Teen Runaway Hotline
1-800 621-4000

Suicide Prevention Hotline
1-800-273-8255

Rape, Abuse, Incest National Network (RAINN)
1-800-656-HOPE (1-800-656-4673)

Everybody Texts

Getting a lot of texts can feel good—"Wow, this person really likes me."

What happens when the texts start making you uncomfortable, nervous, or they keep coming nonstop?

Figuring out what to say can be hard, especially if you like the person.

Be honest. "You know I really like you, but I really don't like it when you...(fill in the blank) like, "text me about where I am all the time" or "pressure me for naked pics." For more tips on what to say, go to: www.thatsnotcool.com.

For more information and resources, visit your doctor at kp.org/mydoctor



Formerly Family Violence Prevention Fund



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Funded in part by the Administration for Children, Youth and Families, the U.S. Department of Health and Human Services, and the U.S. Department Office of Women's Health. Rev: 5/11