

# Unhealthy Relationships

When people think about unhealthy relationships they often think about physical violence-- being hit or pushed.

But they're so much more than that. They include things like:

emotional or verbal abuse-- putting you down, calling you names;  
isolation-- controlling who you can be friends with or who you can talk to  
digital abuse-- going through your phone without permission or posting rumors about you on social media  
financial abuse-- not letting you make decisions about your money; and  
sexual abuse-- forcing or talking you into going further sexually than you want or to send explicit photos

## Unfortunately, unhealthy relationships are far too common

1 in 3 adolescent girls report experiencing physical, emotional, or verbal abuse by a dating partner.

1 in 10 U.S. high school students has been hit, slapped, or physically hurt by a dating partner.

25% of teens report experiencing digital abuse by a dating partner.



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