Things Happen! These Places Can Help:

Dealing with Relationship Abuse:

https://www.thehotline.org 1.800.799.7233 http://www.loveisrespect.org 1.866.331.9474 **Dealing with Sexually Transmitted Diseases (STDs):** 509.207.3017 www.plannedparenthood.org http://www.bfhd.wa.gov/base/index.php 509.460 4200 1-800-712-4357 or Text 313131 http://youmedical.org/ **Dealing with Suicidal Thoughts/Partners:**

https://suicidepreventionlifeline.org https://www.crisistextline.org

> Got Questions? So do we. Let's ask them together.

1.800.273.8255 TEXT: 741741

SARC

Call or come to SARC anytime. Support, Advocacy and Resource Center 1458 Fowler Street Richland, WA 99352 509.374.5391

CHR Day1

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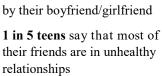
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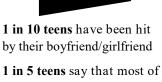
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1 in 3 high school students report being in an abusive dating relationship



FACTS

their friends are in unhealthy relationships

1 in 3 high school students report being in an abusive dating relationship







Learn to Trust Them

#Pelationship Grant You have to trust your partner. The best relationship begins with a deep trust, and even if problems come up (and they will) the trust is strong enough to keep you together.

Accept Your Partner's Past

We all have baggage, you have to learn to deal with it. Some things are easier to get over than others, but sometimes you can't fix everything. You have to accept them, learn from them and then move on.

Forgive Quickly and Truly

Whenever you fight, learn from the fight. Look at what was said and how things were resolved. Once you learn from it, you can apply that lesson and avoid another fight later.

Encourage Growth and Change

You have one life to live, you should explore it to the fullest! If you want to try something new or go back to something old, you should find support in your relationship. And you should give them support in return.

A HEALTHY **RELATIONSHIP WILL** NEVER REQUIRE YOU TO SACRIFICE YOUR FRIENDS. YOUR DREAMS OR YOUR DIGNITY.

Admit When You Are Wrong

If your partner is right, don't be afraid to say so. Respect their point of view. The important thing is helping your relationship grow. Compromising will definitely assist in the growth of your relationship.

Communicate with Each Other

Make sure and express your feelings to one another, being open and honest can greatly benefit your communication with your partner. Respecting each others feelings is very important.

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