

## What Is A Healthy Breakup? (For Teens)

Relationships can be great, but there may come a time when it is no longer what a person wants. A healthy breakup is as crucial as a healthy relationship and can affect health now and later. A breakup should be based on the same rules of respect, dignity and healthy contact as a healthy relationship. Here are some tips for going through a healthy breakup.

### A Healthy Breakup Means To:

- Give the person space to talk about feelings and needs
- Hear what the person has to say
- Respect the reason for calling it off
- Give time and space for healing and thinking
- Say things that support the person, even when upset about the breakup
- Be trustworthy
- Act as an equal and treat the person as an equal
- Behave in ways that show you accept the relationship has ended

### A Healthy Breakup Means NOT To:

- Break up over text or social media
- Insult the person
- Share private information with others
- Post about the breakup on social media
- Use force or threats
- Damage the person's reputation
- Hurt the person physically or sexually
- Call, text or visit the person when it is not wanted
- Stalk the person online, through friends or in person
- Make demands on the person's time, money, property or space
- Convince the person to stay in the relationship

If, after a breakup, a person feels upset and wants to hurt him- or herself or others, that person should get help from a trusted counselor, parent, doctor or nurse.

Anyone who has been abused may call the National Dating Abuse Helpline to talk or get advice from a teen or adult: 1-866-331-9474 [TTY 1-866-331-8453]

Or visit the websites:

<http://www.loveisrespect.org/>

<http://www.loveisnotabuse.com/>

<http://www.thatsnotcool.com/>

To find the domestic abuse program nearest you, visit <http://pcadv.org> and click on *Find Help* or use the *Find Help* map on the home page.