



BTDT Homeschool

*Hi. We are
Maria & Nicole!*

We're two homeschooling moms that have Been There Done That!

Through our informative [podcasts](#), [blog posts](#), [daily inspiration](#) on social media, and a wide range of [free printable tools](#), we aim to empower and guide you on your homeschooling journey.



Who are we? >

Been There Done That Homeschool was created with a heartfelt mission:
"To Empower and Give Back to the Homeschool Community"

MOST DOWNLOADED EPISODES

- Episode 020. – [10 Things I Wish I Knew Before Homeschooling >>](#)
- Episode 035. – [Best and Worst Homeschool Buys >>](#)
- Episode 034. – [Deschooling 101 >>](#)
- Episode 031. – [Planning Your Homeschool Year >>](#)
- Episode 045. – [Hidden Agenda in Homeschool Groups and Organizations](#)

All Episodes >

MOST POPULAR RESOURCES

- [BTDT Homeschool Planner & Ultimate Organizer](#) – See a Video Walk-through!
- [Book of Centuries](#) – Make history come alive!
- [Free High School Transcript Template](#)
- [Free 100 Homeschool Field Trip Ideas Pack](#)

All Resources >

Healthy Relationship E-Guide



for Teens

18 PAGE E-GUIDE

- *Defining Healthy Relationships*
- *Meaningful Friendships*
- *Setting Boundaries*
- *Red Flags*
- *Dating and Breakups*

by: **BTDT Homeschool**

Types of Relationships

- **Family** (siblings, parents, extended family)
- **Friends** (people we choose to spend our free time with)
- **Romantic** (boyfriend/girlfriend)
- **Casual** (classmates/teamates)
- **Professional** (such as teachers, clergy or medical professionals)
- **Acquaintances** (such as people you know and recognize in passing)

Why are Healthy Relationships Important?

- We engage with many people in our daily lives.
- It is helpful when we can form meaningful relationships with those people.
- Being in a good relationship helps us:
 1. Know ourselves
 2. Develop as a person
 3. Grow emotionally
 4. Communicate & maintain
 5. meaningful bonds with other people
 6. Enjoy life & have fun!

What Makes a Healthy Relationship?

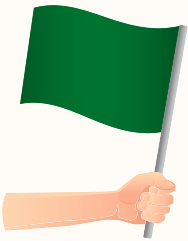
➔ **Respect**

➔ **Trust**

➔ **Honesty**

➔ **Communication**

Healthy Vs. Unhealthy Relationships



Healthy Relationships

- You feel good about yourself when you're around the other person.
- You do not try to restrict or control each other. There is equal amount of give & take.
- **Communication, Sharing & Trust.** You feel safe & trust to share secrets. It requires listening.
- You like to spend time together but also enjoy doing things apart.
- It's easy to be yourself when you're with the other person.
- You **Respect** each other's opinion. You listen & try to understand their point of view even if you disagree.
- There is no fear in your relationship.












Unhealthy Relationships



- You feel sad, angry, scared or worried.
- You feel you are giving more attention than they give to you.
- You feel restricted & controlled.
- You do not communicate, share & trust.
- You feel pressured to spend time together and feel guilty when apart.
- You feel the need to be someone or something that you're not.
- You feel there's no respect for you & your opinion & you're not able to disagree.
- You feel fear.
- Alcohol &/or drugs may cause arguing, physical, emotional, sexual abuse and/or unprotected sexual activity.

Relationship GREEN Flags

Qualities of a healthy relationship

- 
Appreciation: You respect and value your partner, and express gratitude often.
- 
Balance: You find happiness in time spent together and apart. Some needs are met outside the relationship (through friendships, hobbies, etc.).
- 
Commitment: You are invested in your partner and the relationship. You give the relationship adequate time and energy.
- 
Commonality : You share important goals, beliefs, and values with your partner.
 Conflict Resolution: You take responsibility for your actions, and work as a team to solve problems.
- 
Effective Communication: You communicate your own needs and wishes, while respecting those of your partner.
- 
Empathy: You take your partner's perspective and understand their feelings, even if you do not always agree.
- 
Honesty: Your actions align with your words. The thoughts and feelings you express are genuine.
- 
Independence: You have your own interests and goals separate from those of your partner.
- 
Intimacy: You feel close and connected with your partner physically and emotionally.
- 
Safety: You respect your partner's boundaries. You feel safe physically, intellectually (expressing thoughts), and emotionally (expressing feelings).
- 
Self-Confidence: You feel comfortable being yourself in the relationship

The Media & Relationships

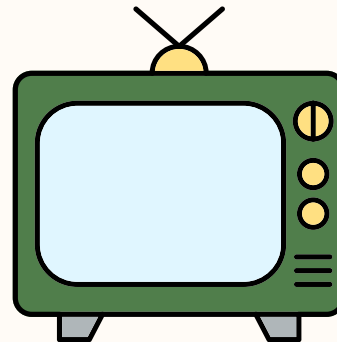
Is it realistic?

Exposure

- How are relationships portrayed in the media?

Facts

- Most relationships on TV are superficial, short term & “easy.”
- Out of the TV shows that contain overt sexual content, only 15% discuss risk & responsibility.



Respect

You have to give it to get it

- Everyone deserves respect.
- Respect each person as an individual. A healthy relationship means learning about the other person and valuing what’s important to them.
- Respect in a relationship means that each person values the other & understands and would never challenge the other person’s boundaries.
- Respect yourself
- Show respect with your words & actions



Trust

Trust means that you feel that you can count on each other & that the other person will be there for you. Trust needs to be earned over time & can be lost with a broken promise:

- Proving you are reliable and responsible
- What happens in a relationship without trust?
 1. Second guessing
 2. Not believing each other
 3. Betrayal by sharing secrets
 4. Obsessively checking on the person
- Being honest helps gain & maintain trust.
- Trust is essential in a healthy relationship



Honesty

- Be honest about thoughts & feelings. It is the “real me” that our partner wants to get to know.
- Honesty goes hand-in-hand with trust.
- It’s hard to trust or believe someone when they have lied in the past. Once someone has been dishonest, it takes time to regain trust in a relationship.



Communication

- Communication is how we show our respect, trust & honesty & it requires listening and sharing thoughts & feelings.
- Being able to talk & listen to each other.
- It is based on honesty & trust.
- Communication happens in body language and tone.



Boundaries

DO NOT CROSS

- It is your responsibility to establish & enforce your own boundaries. Tell people your boundaries.

Types of boundaries:

Physical – This is your personal space.

Sexual - We define our limits on what is safe & appropriate sexual behaviour.

Emotional – This is your feelings & reactions & is defined by what you feel is safe & appropriate ways for people to treat you.

Relational - Parent, partner, friend, colleague, acquaintance, boss, etc. Roles & context define the limits of appropriate interactions. Each relationship has different boundaries.

- Understand & honor boundaries.
- Understand when boundaries can/cannot be crossed - duty to report.

Evaluating Friendships

Some people we spend time with give us energy while others may be draining.

- Think about the people in your life, do they energize you or drain you?
- Is there respect, trust, honesty & communication?
- Is this a real friendship?
- Is the friendship worth it?
- Is this a healthy friendship?





Danger Signs

- Not talking & avoiding problems
- Lack of trust, respect, honesty & communication
- Lack of balance/Severe Mood Swings
- Pressuring you to make the relationship serious
- Pressuring you to have sex
- Tell you how to dress
- Try to control what you do & who you see
- Extreme jealousy & possessiveness
- Not taking your views or desires seriously
- Trying to stop you from spending time with friends/family
- Having abused a previous partner
- Threaten to hurt you
- Defending the use of violence by others



Helping a Friend

Warning Signs

Is your friend:

- Becoming more isolated from family & friends?
- Not participating in activities he/she formerly enjoyed?
- Spending an excessive amount of time with the other person?
- Displaying physical & emotional signs of abuse?
- Constantly canceling plans for reasons that don't sound true?
- Always worry about making their boy/girlfriend angry?
- Give up things that are important?
- Tell you that they get pressured into having sex, or talk about feeling like a sex object?
- Have a boy/girlfriend that wants them to be available all the time?

If the answer is “yes” to many of these questions, your friend could be in an abusive relationship.

Helping a Friend

Deal with an Unhealthy Relationship

- Help them to recognize that feeling bad about themselves is not "normal" and that they deserve a healthy, non-violent relationship.
- Be a good listener & offer support.
- Offer to go with them to find a counselor or support group, or to talk to someone they trust like their family, friends, counselor, teacher, or nurse.
- Encourage them to find strength and be brave.
- Don't make them feel bad for their choices - even if you think these choices are wrong.
- Be patient, it can take time for your friend to make changes.
- Remember that you cannot "rescue" them.



Coping with a Break Up



Understanding & accepting that a relationship is over can be tough. You might feel sad, angry, confused, lonely, embarrassed and like you'll never find love again – That's Normal!

There's no magic cure for a broken heart, here's ways to help you cope:

- **Keep busy.** Get involved in different activities. Focusing on other things can help you move on with your life, meet new people & discover new interests.
- **Focus on your good qualities.** It's easy to feel discouraged. Be kind to yourself. Remember your good points. Are you a good friend or talented athlete? Do you have nice eyes or a great smile?
- **Give yourself time to heal.** It may take a few days, weeks or even take months. It's normal to feel like you won't ever get over it. Recovering from a break up isn't easy so give yourself time.
- **Talk about it.** Sharing with others can help you feel like you're not alone.
- **Write about it.** Putting your thoughts on paper is a safe and private way to cope with stress.