

TOILET TALK



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Respect Yourself

Dating abuse is defined as physical, sexual, or psychological/emotional violence within a dating relationship. Both teens and adults are often unaware of how regularly dating abuse occurs.

- 1 in 11 adolescents reports being a victim of physical dating abuse
- 1 in 4 adolescents reports verbal, physical, emotional, or sexual abuse each year
- 1 in 5 adolescents reports being a victim of emotional abuse
- 1 in 5 high school girls has been physically or sexually abused by a dating partner
- Teen dating abuse most often takes place in the home of one of the partners

No one deserves to be in this type of relationship – abuse should never occur in a HEALTHY relationship. Stand up for yourself and demand the respect that you deserve!

Source: www.cdc.gov & www.chooserespect.org

Let's Get Acquainted With ... Trichomoniasis

- Trichomoniasis is a common sexually transmitted infection that affects both women and men, although symptoms are more common in women.
- Most men who have trichomoniasis do not have symptoms; however, some men may temporarily experience irritation, discharge or slight burning after urination.
- Some women have signs or symptoms of infection which include a vaginal discharge, discomfort during urination, as well as itching or irritation. In rare cases, lower abdominal pain can occur. Symptoms usually appear in women within 5 to 28 days of exposure.
- An estimated 7.4 million new cases occur each year in women and men.
- Once diagnosed by a doctor, trichomoniasis can usually be cured with prescription medication.
- The surest way to avoid trichomoniasis and other sexually transmitted infections is to remain sexually abstinent.

Source: www.cdc.gov

I choose not to have
sex because I respect
myself.

FIND YOUR REASON

What makes a healthy relationship ?

Mutual Respect – Each person values who the other is, understands the other person, and would never challenge the other person's boundaries.

Trust – There's no way you can have a healthy relationship if you don't trust each other. It's ok to get a little jealous sometimes because jealousy is a natural emotion. How a person reacts when they feel jealous is what really matters.

Honesty – This one goes along with trust because it's tough to trust someone when one of you isn't being honest. If you can't be honest with your partner, then you shouldn't be with him or her.

Fairness/Equality – A good relationship involves give and take. Things can get really bad when a relationship turns into a power struggle with one person fighting to get his or her way all of the time.

Separate Identities – You shouldn't pretend to like something that you don't, or give up seeing your friends, or drop out of an activity you enjoy. You should feel free to make new friends, develop new talents and interests, and keep moving forward.

Good Communication – Ask if you're not sure what the other person means, and speak honestly and openly so that miscommunication is avoided.

Warning Signs of an Unhealthy Relationship

Does your partner ...

- Get angry when you won't drop everything for him/her?
- Criticize the way you look or dress?
- Say you'll never be able to find anyone else who would want to date you?
- Keep you from seeing friends or from talking to anyone of the opposite sex?
- Ever raise a hand when angry, like he or she is about to hit you?
- Try to force you to go further sexually than you want?



Source: www.kidshealth.com

Did you know ...

Most people blink about 17,000 times a day.

Source: www.hightechscience.org

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative
Questions? Contact Us!

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Approved by:

teen pregnancy
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Central Shenandoah Valley