

Youth Advocate Newsletter



Volume 2, Issue 7

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Is Your Teen Getting The Right Information About Dating?

Have you spoken with your teen about dating? Do they know what is healthy and what isn't? This is a conversation a lot of parents may not know to have with their teens, but it is important. Teen Dating Violence, according to nation wide stats, happens to as many as 1 in every 3 teens. This is a huge problem! Most teens report they didn't even realize they were being abused. They say it didn't feel right but they never knew it wasn't normal. They just assume their relationships are how it is. Can anyone blame them for this? If you look on the TV, read their magazines, see what their friends are doing, many teens are being bombarded with unhealthy messages of what is okay in a dating relationship. One of the best things a parent can do for their teens is help them learn what is healthy and how to date safely.

What's healthy? There is a fairly basic idea everyone has about what is healthy, but it's important to put it into words so it is clearly seen before the lines start to blur with what may or may not be ok. The most impor-



tant ones are fairness, honest, and trust. Relationships should be fair. This involves compromising with a partner, respecting when a partner says no, and understanding differences. It's also important to fight fair. Keep name calling and old battles out of a disagreement. Keep it as much a conversation as possible. Honesty is key because if someone is lying to you, avoiding telling you information, and not keeping their stories straight, it can be impossible to trust and feel safe with that person. Also if one partner is too scared to say what's on their mind, they aren't getting what they want or need in a relationship. Partners should feel safe to speak up, say what's on their mind, and tell the truth. Both partners should feel respected.

See page 3 for the what is unhealthy and safe dating.



Special points of interest:

- *Is your teen getting the right information about dating.*
- *Recipes kids love*
- *Network Services*
- *Unhealthy Relationships*
- *Safe dating*
- *Activities for kids*



Healthy Football Favorite: Southwestern Bean Dip



1 16 ounce can nonfat refried beans, preferably "spicy"
 1 15 ounce can black beans, rinsed
 4 scallions, sliced
 1/2 cup prepared salsa
 1/2 teaspoon ground cumin
 1/2 teaspoon chili powder
 1/4 cup pickled jalapeno slices, chopped
 1 cup shredded Monterey Jack or Cheddar Cheese
 1/2 cup reduced fat sour cream
 1 1/2 cups chopped romaine lettuce

1 medium tomato, chopped
 1 medium avocado, chopped
 1/4 cup canned sliced black olives

Combine refried beans, black beans, scallions, salsa, cumin, chili powder and jalapenos in a medium bowl. Transfer to a shallow 2 quart microwave safe dish; sprinkle with cheese.

Microwave on High until the cheese is melted and the beans are hot, 3 to 5 minutes.

Spread sour cream evenly over the hot bean mixture, then scatter with lettuce tomato, avocado and olives.

Healthy and Easy After School Snacks



Cheddar cheese, Monterey Jack cheese, Gouda cheese, Swiss Cheese
 Crackers
 Blue Berries, raspberries, apples, and strawberries.
 Slice the fruit and cheeses and arrange them on top of crackers however you like.

Or to change it up you can put the fruit and cheese on a kabob stick. Both ways are easier, healthy, and fun.



Valentine's Day Love Potion

Ingredients:

12 ounce can pink lemonade concentrate
 1 cup raspberry sherbet
 12 ounce can of lemon/lime soda



Directions:

In a pitcher, mix the lemonade concentrate with the recommended amount of water. In a separate pitcher combine the sherbet with 1 cup of the lemonade mixture. Add the soda, stir, and serve

Network Services

The Network has a 24/7 hotline available to all who need someone to talk to about domestic violence or who are looking for emergency shelter at 860-763-4542.

For general information about the network call the office at 860-763-7430.

For questions or comments about the newsletter or to inquire about youth services please contact Annalisa at 860-763-7430 ext 322 or Annalisa@nadact.org

For more information about adult services including counseling, the Women's Support Program, or Basic Money Management, please contact Rosanne at 860-763-7430 ext 302

Please keep in mind the Network also provides presentations for groups interested in more information.



What's Unhealthy in a Dating Relationship? (continue of page 1)

For teen relationships not everything is going to be perfect because they are still learning and figuring out what they want. However, there are some major red flags and danger signs that parents can look out for and help steer a teen away from. Some red flags are:

Jealousy - You may see this in one partner not letting the other spend any time with friends of the opposite sex or if the partner is monitoring who the teen is talking to or texting.

Isolation– You'll see this in a teen who



starts to become detached. No longer spends time with family, friends, or on activities they once did. Maybe leaving clubs or sports teams.

Lowered self esteem

Unexplainable bruises or marks

Controlling behavior– this may show in a teen dressing different than usual or having changes in diet.

Making excuses for their partner

Walking on eggshells-being afraid to do something that might upset their partner.

Tips For Teens To Date Safely

Although teen dating violence sounds very scary and is, teens shouldn't be too scared to date anyone. Dating is a healthy, happy, and natural part of growing up if done safely. So here are some tips that will help make a teen safer in the dating world.

-Have them consider double dating the first few times they date someone.

-Make sure your teen tells someone where they are going and when they should be home. If they aren't comfortable telling you at least have them tell a friend.

-Remind your teen if they leave a party with someone they don't know well yet, let someone know they are and check in with that person when they get home safely.

-Let teens know it's okay to assert themselves. They should be able to let a partner know how they feel and be able to be straight forward.

-It's important to always trust one's gut. If something doesn't feel right, there is a good chance it isn't.

For more tips or information on teen dating violence contact Annalisa

Valentine Word Search

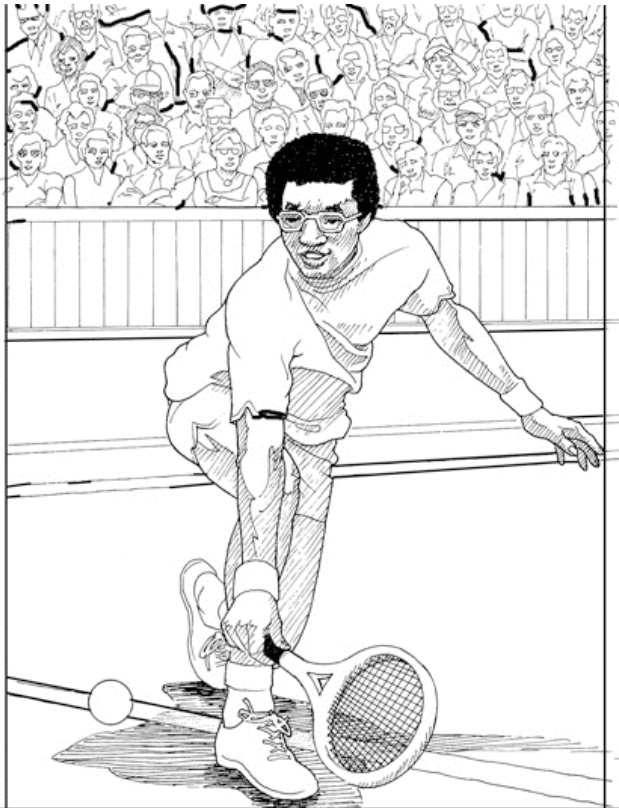
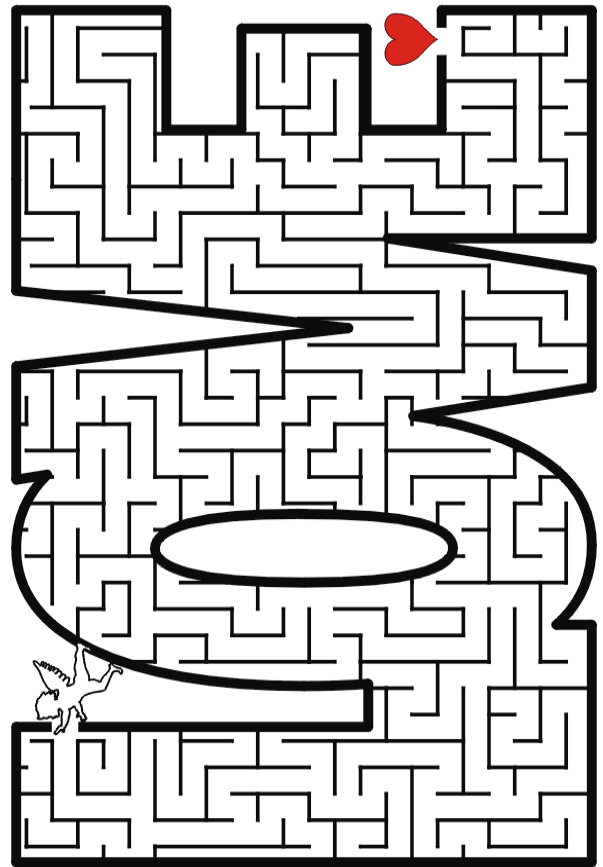
Look up, down, back, across and diagonal to find the words below.

L A P F P I H S D N E I R F A
 E D V E D T O T R E A T E S D
 S T O T V R N V P O C F N L S
 O V F S W E A P L N H R D V R
 F P A R R O W C T S O A O N E
 O L F L O T W A F H C T E P W
 U A N H E A R T T L O V L V O
 R Y O E P N F O D R L O V E L
 T F R V E F T L E U A I T U F
 E L Y A W S T I F C T E W C S
 E T E T U L E L N F E B N U P
 N E S N F R O V I E R F R P D
 T E P W V T B F R U H L T I V
 H W O V L F N E B W C A N D Y
 D S L A T W E T F N A L S I O

VALENTINE
 CHOCOLATE
 HEART
 LOVE
 SWEET
 FRIENDSHIP
 CARD

FEBRUARY
 CUPIC
 ARROW
 CANDY
 FOURTEENTH
 FLOWERS
 TREAT

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ARTHUR ASHE (1943–1993). Born in a poor neighborhood in Richmond, Virginia, Arthur Ashe began playing tennis at the age of seven. He was soon recognized for his skill, intelligence and determination and, in 1963, became the first African-American man named to the Davis Cup team. NCAA championships in men's singles and doubles led to his first major title, the U.S. open men's singles championship, in 1968. Widely respected for his calm, intelligent style of play, Ashe continued to move up in

the ranks of men's tennis, finally winning the men's singles title at Wimbledon, the most prestigious title in tennis, in 1975. Forced to retire from competition because of heart problems, Ashe continued to promote athletics in a number of youth programs and charities which he remained involved in until his death from AIDS in 1993. He is considered one of the great competitors and great sportsmen of the twentieth century.

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