



HOW TO BUILD A HEALTHY RELATIONSHIP

SEROTONIN SAYS MONTHLY:
FEBRUARY EDITION

TEENS IN TOXIC RELATIONSHIPS

Especially as teen, dating can be confusing and difficult to navigate. Relationships require a lot of effort and patience, and sometimes they can become catastrophic with a lack of knowledge.

There are many tells of toxic relationships that can range from very obvious to very subtle, but these are ones that can be very common:

Controlling Behaviors

The partner may seem controlling or overly jealous, such as trying to isolate them from others. If a person you know has been very distant or seems to be isolated from everyone around them and you know they are in a relationship, this might be an indicator.

Gaslighting

Gaslighting is when someone uses psychological manipulation which can stir doubt or make one question their sanity. Partners may deflect the other's concerns, invalidate their feelings, refuse to apologize, as well as many other strategies. While gaslighting can be unintentional, it is still emotionally damaging and should be addressed.

Significant Lifestyle Changes

People change their interests and hobbies a lot, but in some cases a partner may pressure someone to change their personality or style. It's great to get rid of bad habits and try new things, but changing for someone else is not always good.

TW: Injuries

If the teen has bruises, cuts, or other injuries, this could be a sign of physical abuse. The abused person might try to lie about the origin of the injury or protect their partner/justify their harmful actions.

There are plenty of other signs that aren't included here, please take a look at the links below for more information.

<https://www.verywellfamily.com/unhealthy-relationship-signs-in-teens-4065362>

<https://kidshealth.org/en/teens/abuse.html>

If you have suspicions that a teen is in a toxic relationship, where should you go from there? It might be helpful to talk to a trusted adult or someone close to the person to gain a better understanding of the situation. If the friend may not be safe it is important to get help immediately. If you are not the right person to talk to this individual, express your concerns to someone you think is trustworthy such as their close family or friends of the person in the relationship.

Even if you are worried, remember you should never try to force your opinions onto, or make decisions for, the person in the relationship, because in the end it's their decision about what to do.



WRITTEN BY
SOPHIA WONG
EDITED BY
MADELINE GOLD



HOW TO GROW A HEALTHY RELATIONSHIP

WRITTEN BY AJ DILDINE
EDITED BY JACQUELINE GOLD

Healthy relationships are so important and you deserve every relationship you're in to be healthy. You are entitled to healthy relationships and loving and caring people. There are many ways to grow healthy relationships, and all aspects take work and time. Feeling loved and supported are key indicators of a healthy relationship.

Communication is so important, and it's also hard. I struggle with it myself, but one of the most effective ways to grow a healthy and beautiful relationship is through communicating. Express how you feel, what you think, what you want, etc. You deserve that. By letting the other party know how you feel you open opportunities for connection, conversations, and support. All those things are so important. Two other things are respect and equality. You should feel respected by the other person. Ask yourself if your views, thoughts, feelings, and ideas are respected. If not, something has to change. You should also feel equal in your relationships, one person should not be above the other.

Another way to grow your healthy relationship is being able to identify an unhealthy relationship, and know that relationships can be dangerous. If you feel like the other person is possessive, controlling, or not letting you see other people that is a sign of an unhealthy relationship.

HOW TO GROW A HEALTHY RELATIONSHIP, CONT.

Other signs of unhealthy relationships are: manipulation, abuse (verbal, sexual, physical), feeling isolated, feeling as if you're being belittled, the other party is making you feel guilty, lying or hiding things from you, or betraying you. If you feel like any of these applies to one of your relationships, reach out for help. Know that you deserve a healthy relationship and to be cared for.

Through communication and other factors of a healthy relationship are possible. With communication you can form respect for each other, equality in the relationship, support of one another, and more. Be aware if you start to notice signs of an unhealthy or toxic relationship, and reach out for help. Knowing what you want and expressing that is not selfish! Asking for help is not selfish!

Song of the Month
GOOD TIME BY
OWL CITY

TOUGH LOVE OR ABUSE: WHAT'S THE DIFFERENCE?

WRITTEN BY D.I. SMITH
EDITED BY EALISAYD TRIPLETT

As Valentine's day is rolling around this year, many people start to swoon in the season of love.

However, knowing where to draw the line in a toxic relationship is something key to remember, in case you ever find yourself in such a situation.

Many people justify hurtful actions as tough love, but at times it's not always the case. While pain and hurt is subjective to each person, knowing that you have the right to either leave your partner or tell them how you feel about the way they treat you is needed.

Abuse can leave deep-seated scars, and tough love can be support communicated through harsher manners.

If you don't feel that you are being treated properly, try taking it up with your partner. Not everyone responds to tough love in the best way, and so it is always great to check with your partner, too, if they are okay with the way you treat them.

Communication is one of the key aspects of a relationship, and utilizing it may bring many benefits.

Quote of the Month
"SOMEONE WHO IS WORTHY OF YOUR LOVE WILL NEVER PUT YOU IN A SITUATION WHERE YOU FEEL YOU MUST SACRIFICE YOUR DIGNITY, INTEGRITY, OR YOUR SELF-WORTH TO BE WITH THEM."
-UNKNOWN

FEBRUARY ZENTANGLE

BY MAYA SIEGAL



SPREAD THE LOVE!

A PALINDROME OF EMPTY LOVE

BY WAVERLY NAKASHIMA

Love

From empty hearts
Long through beating
breaths

Hoping, wishing,
dreaming

Someone special that
Stirs imagination
throughout
Merging visions
~hurts~

Visions merging
Throughout
imagination stirs
That special someone
Dreaming, wishing,
hoping
Breaths beating
through long
Hearts empty from
Love



Remember to love yourself above all else!

Make sure that you prioritize your wellbeing and take time to practice self-love. Healthy relationship building starts with creating a healthy relationship with yourself. It is never selfish to want to do better, to take the time you need to accomplish your goals, and to be proud of yourself for all that you have succeeded at. Daily acts of kindness towards yourself can provide a serious boost to your emotional state, and even if it seems silly at first, practicing giving yourself compliments helps you create a healthier relationship with yourself. Never be afraid to do what you love, and cut out things that you don't. Your relationship with yourself is just as important as with anyone else!

-Madeline

CHECK IN NEXT MONTH

SEROTONIN SAYS MENTAL
HEALTH CHALLENGE OF
THE MONTH: SEND A
MESSAGE TO AT LEAST ONE
FRIEND OR FAMILY MEMBER
A DAY TO MAINTAIN THE
INDIVIDUAL HEALTHY
RELATIONSHIPS IN YOUR
EVERYDAY LIFE!

FOR MORE
MENTAL
HEALTH
CONTENT

