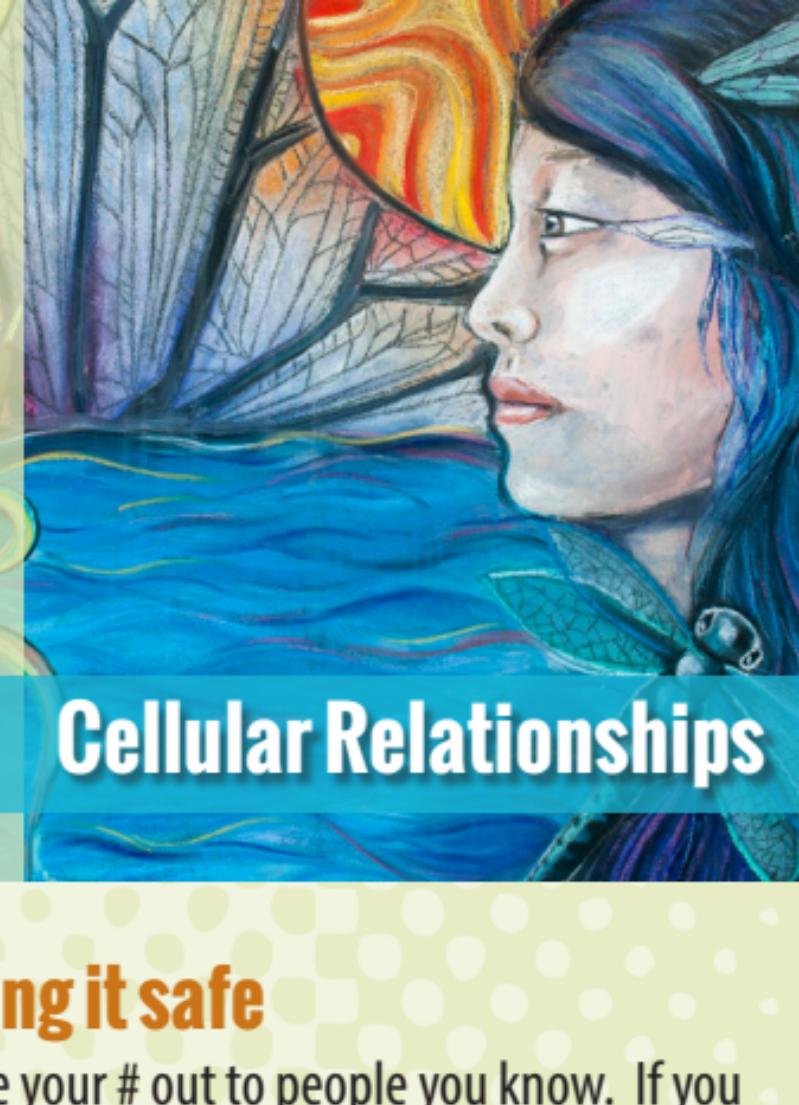


# Love What's Real



## Cellular Relationships

### Keeping it safe

Only give your # out to people you know. If you post your digits online, think of it like posting them on a billboard. Yup. That many people are going to see it. If someone is calling or texting that you don't know - ignore the text or call.

### Constant Texting

If the person texting you isn't catching the hint that you don't want to text 24/7, you can be honest! Let them know you want some time off the phone and if that doesn't work, just turn your phone off!

You can totally wait to reply to texts or phone calls – ok, unless it's a parent. If someone makes you feel bad for not texting back right away (friends, BF/GF) that's a sign that something might be unhealthy about the relationship.

If you like to text a lot, just ask if they're okay with how often and what you text them about. And, if you ever feel like you are obsessing, give yourself some space and focus on something else. It's important to be self-aware on what is okay and respectful in your relationships.

### Textual Harassment

Participating in texts that embarrass, threaten, bully, or pressure someone is mean and downright abusive. Don't do it and don't encourage the sender by replying to or forwarding the message.

It's not okay for someone to harass you. Be clear about how these texts make you feel. Explain what you are and are not comfortable with, and ask them to stop texting you. When you tell someone "No," or to stop what they're doing, they should respect that. If they don't, talk to someone you trust – like a friend, parent, or counselor.

## **Sexting & Pic Pressure**

If you get, send or even show any text or pic that is sexual, be aware that you may be entering an illegal situation. Here are some ground rules:

#1 Don't ask for it.

#2 Don't take it, show, or send it.

#3 If you already have asked for/or sent a sexual-cellular-something, you're not a terrible person. Just realize it wasn't a smart move and don't do it again.

Unfortunately, some people use pressure and threats to get nude or private pictures, and that's not cool. Sometimes pictures end up being shared far and wide without permission – and then they are out there forever. If someone is making you feel uncomfortable, trust your instincts that it's not okay.

Remember, you have the right to have your privacy and decisions respected.

Be aware that some teens have faced criminal charges for sending sexual pictures of themselves or others.

## **Cell phones should not be part of an abusive relationship.**

### **Watch out for:**

- Feeling like you have to answer text messages or calls right away
- Feeling like the texts you receive have gone from caring to controlling
- Being pressured to constantly be on your phone, even when you're with friends
- Being pressured to send nasty texts or pics

**If you think you might be in an abusive relationship talk to your parent/caregiver, a school counselor, or another adult you trust. Or contact the National Dating Abuse Helpline at 1-866-331-9474 (1-866-331-8453 TTY), visit [www.loveisrespect.org](http://www.loveisrespect.org), or chat online. You can launch the live chat by clicking LIVE CHAT bubble.**

**[www.lovewhatsreal.com](http://www.lovewhatsreal.com)**

**CENTER FOR HEALTHY  
Teen Relationships**

For more information contact the Idaho Coalition Against Sexual

& Domestic Violence at 1-208-384-0419 or 1-888-293-6118.

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