

Healthy Relationship Resources



Love is Respect

Confidential support for teens, young adults, and caregivers related to healthy relationships and dating abuse. Also includes articles on topics, including dating definitions, consent, self-care, and helping a friend.

<https://www.loveisrespect.org/>



Teen Dating Violence Toolkit

Information on teen dating violence. Includes quizzes to help determine if one's relationship is healthy.

<https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/Teen-DV-Toolkit-2018.pdf>



Online Dating

Tips for helping your teen make safe choices while dating online.

[Internet Matters](#)

Mindfulness Resources



Guided Meditations

Audio recordings of a number of guided meditations

www.tarabrach.com/guided-meditations/



Guided Meditations for Teens

Audio recordings of multiple short, guided meditations.

www.mindfulnessforteens.com/guided-meditations/



Mindfulness Exercises

Written guides for a number of one-minute mindfulness exercises.

<https://mindfulnessbox.com/one-minute-mindfulness-exercises/>