

# DOWN OVER



Your friend constantly receives text messages from her boyfriend. He asks her where she is, who she's with, what she's doing. This isn't just friendly chat; you get the feeling that he's obsessed and jealous, and always needs to know her every move. She has never told you that she's uncomfortable with this, but you are concerned that this is an unhealthy relationship.

## TRAIN OF THOUGHT

I'm not sure this is any of my **business**. After all, I wouldn't want other kids messing with my **relationships**..... Then again, this doesn't seem **right**. It seems like he's really trying to **control my friend**. This **can't be healthy**..... I know some girls who think that guys who are **jealous** must really love them a lot.... But I've seen materials from **relationship abuse programs** that explain how this kind of behavior can lead to **physical abuse**..... **Could this be one of those relationships?** But if I say something, she might get mad and shut me out.....

What should I do in this situation?

## OPTIONS

- ❶ Do nothing. It's none of my business.
- ❷ Tell my friend that I'm concerned about her, and ask if she feels uncomfortable about anything going on in her relationship.
- ❸ Tell my friend that I'm concerned about what I see as her boyfriend trying to control her.
- ❹ Talk to some of our mutual friends, let them know what I've observed, and ask them if they too have concerns about the relationship.
- ❺ Talk to my parent, or a teacher or coach I trust, and ask them for advice about what to do.
- ❻ Tell my friend that she should consider seeing a counselor or another professional, because her relationship seems unhealthy and she could use some support and suggestions about how to make it better.
- ❼ Personal Option: \_\_\_\_\_  
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