

ARISE

ARE YOU LIVING AN UPSIDE-DOWN LIFE?

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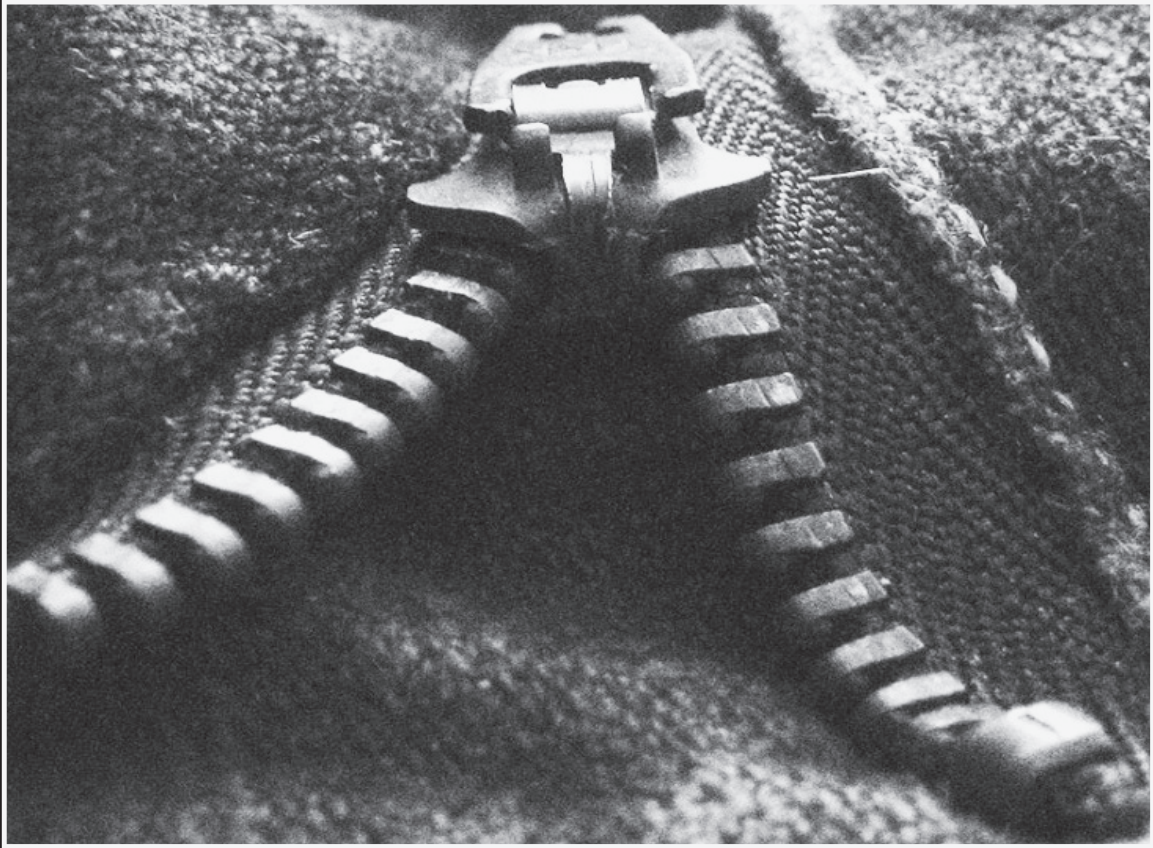
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“Children reinvent your world for you.”

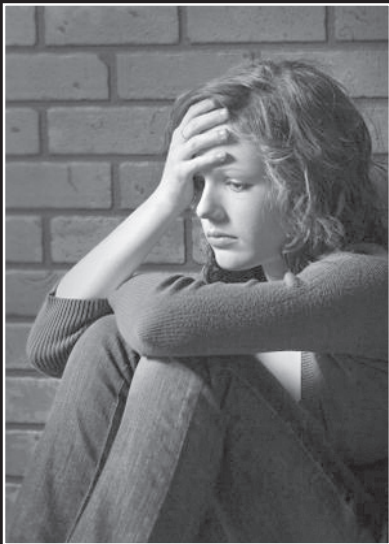
—Susan Sarandon

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Before You Unzip...



Think Ahead.



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BOYFRIEND AUDIT

Use this form to determine if a boy is worthy of your time, love and energy.

As you fill out this form, repeat the following: I deserve a healthy relationship with a boy who treats me with love and respect.

Boy's Name: _____ Boy's Age: _____

Number of months you have known him: _____

(If you have only known him a few days, please allow at least a month before considering him boyfriend material and filling out this survey. What's the rush?)

Check All That Apply:

- Has AT LEAST a high school education
- Respects women
- Has money in the bank
- Has a stable job
- Is honest
- Is kindhearted and cares about the feelings of others
- Has friends that respect women and stay out of trouble
- No criminal record
- Never pressures you to do something you don't want to do
- Respects his parents, family and community
- Listens to what you have to say
- Doesn't spend hours playing video games or watching TV
- Is emotionally mature
- Is open-minded and doesn't judge others
- Thinks about and plans for the future
- Is not afraid of commitment or being with one woman
- Is trustworthy
- Is confident but not egotistical
- Will not mind when a woman is independent
- Will talk to you about his hopes, dreams and fears
- Attends school regularly
- Having babies is the last thing on his mind

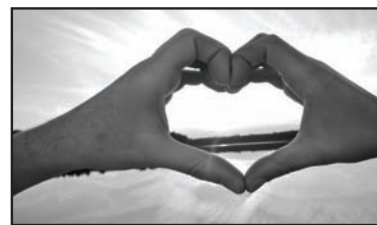
AUTOMATIC DEALBREAKERS

- Abuses drugs or alcohol
- Gang member
- Emotionally or physically abusive
- Quick temper
- Has several children from several different mothers
- Doesn't listen

BONUS SECTION

Please allow special consideration for a boy who does the following:

- Volunteers in the community
- Is close with his grandparents
- Is in college
- Loves kids but doesn't have any yet



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Words *Can* Hurt.

Choose your words carefully.

Children can be especially sensitive to negative phrases that may stay with them their whole lives, adversely affecting their self-image and wounding their self-esteem. Feel better by exercising your creativity and creating new phrases that carry your positive and loving energy.

Challenge yourself to carefully choose words that make you smile and feel good, particularly when referring to children.

CHOOSE RESPECT.



- About one in 11 teens reports being a victim of physical dating abuse each year.
- About one in four teens reports verbal, physical, emotional or sexual abuse each year.
- About one in five teens reports being a victim of emotional abuse.
- About one in five high school girls has been physically or sexually abused by a dating partner.
- One in three teens reports knowing a friend or peer who has been hit, punched, kicked, slapped, choked, or otherwise physically hurt by his or her partner.
- Nearly 80% of girls who have been physically abused in their dating relationships continue to date their abuser.
- Nearly one in five teenage girls who have been in a relationship said a boyfriend had threatened violence or self-harm if presented with a breakup. (chooserespect.org)

Someone who loves you should never leave behind bruises... on your skin or on your heart.

National Domestic Violence Hotline: 1-800-799-SAFE(7233)

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