

Adult Perceptions Matter to Teens

What does it mean to be a carrier of misperception?

Adults have their own beliefs about how teens behave in relationships and many of us were not taught the components of healthy relationships. These beliefs can result in remarks or well-intentioned statements that may pass on and reinforce the idea that certain behaviors are the "norm" and invalidate their experiences.

Say this...

- "Digital relationships are important these days"

- "That was a really hard decision, how did it make you feel?"

- "Romantic relationships can be really important. Let's talk about it"

- "Your experiences are unique and your emotions are valid."

Not that...

- "You're always on your phone."

- "Shouldn't you know better than to share your password?"

- "Relationships don't last forever, friends do."

- "You all are too young."

Why does it matter?

When students view an unhealthy behavior as a "social norm", they are more likely to engage in that behavior themselves. By reinforcing positive norms, students are more likely to behave positively!

Recommended Resources

1-866-331-9474

Or Text 'LoveIS' to 22522

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