



Energy-Boosting Walking Workout  
Quick & Easy BBQ Recipes  
Teens in Love: A Guide for Parents

Strawberries 'n' Cream Cake



# crazy IN LOVE

OBSESSION, JEALOUSY AND EMOTIONAL ABUSE ARE BECOMING ALL TOO COMMON IN TEEN RELATIONSHIPS. BUT YOU CAN HELP YOUR CHILD STEER CLEAR OF A DANGEROUS LIAISON. BY RICHARD LALIBERTE

They met in summer school in June 2003. Jane Fritsch\* of Austin, Texas, had just turned 15 and was working ahead on some classes for her upcoming sophomore year of high school. She couldn't help but notice the outgoing

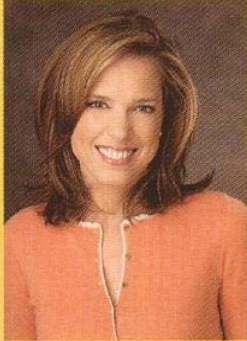
16-year-old boy who flirted with all the girls—including her. "Here was this popular guy talking to me, the shy girl," she says. He told her she was pretty, funny and smart.

Almost immediately they became

inseparable—but almost as quickly, there were troubling signs. "I'm the kind of guy who likes a lot of physical attention," Jane's new boyfriend snapped at her during their first week as a couple. "If I don't get it from you, I'll get it from

\*Some names and identifying details have been changed

**HANNAH STORM SHARE WHAT YOU KNOW**



The oldest of my three girls is 10, so they're still a little young for dating—thank goodness. But that certainly hasn't stopped me from thinking about what to tell them when it happens. The experts I've talked to say that when your kid tells you she's in love, it's important not to trivialize her feelings by saying, "That's ridiculous," or even "How cute." That will only shut down communication. Instead, ask lots of questions (such as "What do you like about him?") without giving speeches. Share what you remember about dating so she knows that you

get the ups and downs of being a teenager in love.

Kids also need to understand that little gestures can mean a lot at this age and rumors can cause hurt feelings. Talk to your teen about not starting gossip about herself by overhyping a relationship at the very start to her friends. Finally, help your inexperienced teen prepare for decisions that may arise when you are not around. For instance, you might ask, "What would you do if he wants to hold hands or kiss you?" Offer ways to respond.



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really cared about me," says Sarai.

This is why once an abuser establishes control, victims can cling tenaciously to the relationship even when they're miserable. "A teen in a first relationship may have no knowledge of what he or she should expect from a partner," says Liza Lorenz, director of national programs at **Break the Cycle**,

an abuse-prevention organization in Los Angeles. "Parents need to talk to young teens about what a healthy relationship is, what an abusive relationship is, and how to tell the difference."

Parents also have to recognize a problem when their child can't. "It was unthinkable to me," says Jane, "that someone so special would hurt me." ●

WHERE TO GET HELP

**NATIONAL DOMESTIC VIOLENCE HOTLINE**

800-799-7233, ndvh.org  
24/7 support, including referrals to free local counseling for teens and young adults

**LOVE IS NOT ABUSE**

loveisnotabuse.com  
Interactive information about dating abuse for teens and parents; program funded by Liz Claiborne Inc.

**CHOOSE RESPECT**

chooserespect.org  
Quizzes, downloads and information for teens from the Centers for Disease Control and Prevention

**BREAK THE CYCLE**

888-988-8336  
breakthecycle.org  
Legal advice, support, online communities and education for abused teens

**NATIONAL TEEN DATING ABUSE HELPLINE**

866-331-9474  
loveisrespect.org  
Teen counselors, support and referrals

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