

# Is My Child in an Unhealthy Relationship?

## A Guide for Parents

It can be difficult to know exactly what is going on in teenager's/young adult's lives, especially when they are away at school. However, the following information may be helpful.

### Signs of a Distressed Student:

(Call Dean of Students Department at 644-2428 for a full text version and more information)

- Change in academic performance
- Missed classes with little/no work completed, decline in performance
- Chronic fatigue, lack of energy
- Abrupt changes in behavior, emotion and/or appearance
- Bizarre or inappropriate behavior; disjointed thoughts
- Sending disturbing emails or messages
- Noticeable or alleged drug/alcohol abuse
- Overt statements about harming him/herself or someone else
- Highly irritable, unruly, aggressive, violent, abrasive, or disruptive
- Normal emotions displayed to an extreme degree or prolonged period
- Expressed uncertainty and anxiety about emotional stability, family situation, and/or relationship problems
- Social isolation



### What Can a Parent Do?

The list above indicates symptoms of many different potential problems. However, if a parent suspects dating or sexual violence, he or she can:

- Make sure the potential abuser cannot overhear your phone conversation with your child.
- Talk to your child about your concern for his/her safety.
- Let your child know that he/she can talk to you about the relationship.
- Show support and understanding – do not blame your child if he/she is in an abusive relationship. No one deserves to be abused.

**If your child's behavior represents an immediate threat  
call 644-1234 or 911**

If the threat is not immediate, but you are concerned that your child may

**M-F, 8:00—5:00 PM:**

Dean of Students 644-2428

Counseling Center 644-2003

**Evenings and Weekends:**

FSU Police Department 644-1234