



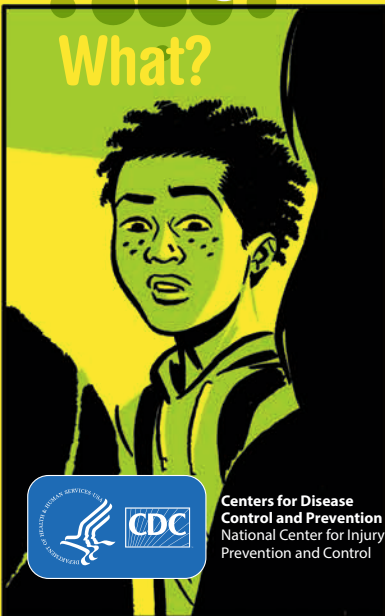
CRUSH COMIX



ALEX

the ACCIDENTAL LOVE DOCTOR

Thanks Alex!

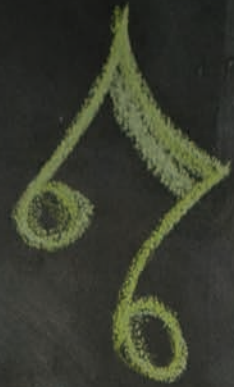


Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

FRIENDS?

DATING?

HANGING OUT?



The rules for a healthy relationship are the same no matter where you're at. You gotta be *i2i* by keeping it 100, being respectful of others, and always staying true to yourself.

Learn how to be *i2i* with the iGuide which will help shed light on what makes relationships work, share advice, and help you have fun along the way.

**Connect with an *i2i*
Ambassador at an event
or on *i2i*'s Facebook
page to learn more!**





THIS IS ALEX.

AT FIRST GLANCE, ALEX IS JUST A REGULAR KID FROM BELLVILLE, BUT UPON CLOSER OBSERVATION, YOU'LL SEE THAT ALEX HAS EARNED HIMSELF A PRETTY EXTRAORDINARY REPUTATION. HE GOES BY "LOVE DOCTOR," OR AT LEAST THAT'S WHAT HIS FRIENDS AT SCHOOL CALL HIM. IT'S FOR GIVING HEALTHY RELATIONSHIP ADVICE, WHICH IS WEIRD SINCE HE HARDLY ACTUALLY GIVES ANY. TURN THE PAGE TO SEE WHAT WE MEAN.

WATER FOUNTAIN

PEOPLE THINK I'M GREAT AT ALL THIS RELATIONSHIP STUFF. I HAVE NO IDEA WHY. SOME OF IT'S COMMON SENSE, AND SOME OF IT IS LIKE, I DON'T KNOW, WHATEVER.



When your bf/gf has a problem, you want them to be able to come to you. You want them to feel like they can tell you everything that happens. Then you can **talk it out**, have a conversation, and help them think it through.



{ **BEEN THERE, DONE THAT** }

Hear from those who've caught the **LOVE BUG** and survived to tell the tale.

Communication is the key, but sometimes you have to walk away for a little bit to **clear your mind**. Take time to talk to your friends, not even about the problem but about other stuff to clear your head. Once you clear your head, you might have a different mindset and maybe they will too.



KEVIN,
AGE 16

Don't try to change for a person. If someone can't **respect** you or accept you for who are, they're not right for you.

MICHAEL,
AGE 18

LISA,
AGE 15

CHANGING FLAVORS

BEING A TEENAGER'S HARD. WE HAVE TO MAKE ALL KIND OF DECISIONS. LIKE DO I WANT A COLA KICK OR AM I IN A CITRUS BLAST KINDA MOOD?



SOMETIMES YOU NEED TO DO YOUR OWN THING AND LET OTHER PEOPLE DO THEIRS. NOW, ONTO MORE IMPORTANT DECISIONS, WHICH FLAVOR WOULD YOU CHOOSE?

EAVESDROPPIN'

YOU KNOW WHEN YOU OVERHEAR A CONVERSATION THAT ISN'T ANY OF YOUR BUSINESS AND HAS NOTHING TO DO WITH YOU? THAT'S WHAT HAPPENED WHEN I WAS REACHING FOR SOME JELLO.



ALEX, HE SAYS THAT WE SHOULDN'T KEEP SECRETS, BUT THEN HE'S LIKE, "WHY ARE YOU LISTENING TO MY CONVERSATIONS?"

YEAH WELL, ALEX, SHE ALWAYS EAVESDROPS WHEN I'M TALKING TO MY BOYS.



I GUESS WHEN YOU...



I'M NOT EAVESDROPPIN', I JUST WANT TO KNOW WHAT YOU'RE TALKING ABOUT.

THAT'S EAVESDROPPIN'. WE SHOULD BE ABLE TO HAVE PRIVATE CONVERSATIONS WITHOUT GETTING JEALOUS.



OKAY. I GET IT.

ALRIGHT, THANKS ALEX.



▶ ONE MINUTE YOU'RE IN YOUR PRIVATE SNACK MODE AND THEN NEXT SOMEONE'S ALL UP IN YOUR BUSINESS. PEOPLE NEED TO TRUST EACH OTHER AND LET OTHER PEOPLE EAT THEIR LUNCH.

CROSSING THE LINE

ALEX MAY BE THE LOVE DOCTOR, BUT THERE ARE RELATIONSHIP ISSUES THAT EVEN HE CAN'T HELP SOLVE.

Some behaviors go so far over the line that they are not only unhealthy, but also unsafe. That's called "dating violence."

Dating violence may not be easy to talk about, but you need to be able to recognize it, so it can be stopped before things get worse.

Dating violence can be physical, emotional, or sexual, and can also include stalking. It's more than just disagreeing about things—its way more serious than that. It's when someone you're dating is hurtful on purpose. Hitting, slapping, grabbing, or shoving is physical violence. This form can be easier to spot than other forms of violence. For example, threats and controlling behavior, as well as name calling or threats to hurt themselves to get what they want is emotional violence. Forcing someone to kiss, hook up, or go further before they're ready is sexual violence. Nonstop texts or calls that make you feel uneasy or scared is stalking.

If your partner is ever violent to you—that's not OK. Any type of violence or abuse is the complete opposite of respect, so there's no point in putting up with it.

Remember to listen to your gut. If it's telling you something doesn't feel right, take a break and think it through. If it comes time to get help, talk to an adult in your life that you can trust—an adult from school or your family or your community.

If you don't know who to talk to, or if you need more help, call or text the National Dating Abuse Helpline, 1-866-331-9474 or text "loveis" to 77054.

GROSS MIS-POST

THERE ARE TIMES WHEN YOU SHOULD BE LOW KEY ABOUT THINGS—LIKE AT THE LIBRARY—WHEN YOU'RE TRYING TO STUDY.



I TOLD HIM NOT TO POST MY BABY PICTURE. AND WHAT DID HE DO? HE POSTED IT ANYWAY. WHAT DO I DO ALEX? IT'S EMBARRASSING.



I KNOW. IT WAS A PRETTY A CUTE PIC. BUT IT'S PRIVATE.

THAT'S PRETTY...

WELL, WHY DON'T YOU JUST...



TOTALLY. THIS CROSSES THE LINE. WE NEED TO TALK ABOUT WHERE THAT LINE IS SO THIS DOESN'T HAPPEN AGAIN.



THANKS ALEX. YOU'RE GOOD AT THIS STUFF!



I GUESS EVERYONE'S COMFORT ZONE IS DIFFERENT. YOU GOTTA RESPECT THAT. TOO BAD MY TEST TOMORROW ISN'T ON WHAT NOT TO POST WITHOUT SOMEONE'S PERMISSION. I'D GET AN "A" AFTER THIS CONVERSATION.



You don't have to agree all the time. If you have a couple of disagreements, that's okay. If you disagree all the time about everything, that's not fun.

Relationships are supposed to be fun.

If it's not fun, then what are you getting out of it?

MONIQUE,
AGE 17



You might see people around you in a relationship, and want to be in one, but you don't really know why. Don't rush into a relationship. Don't feel like you have to.

There's no rush.

RONALD,
AGE 16



{ BEEN THERE, DONE THAT }

Hear from those who've caught the LOVE BUG and survived to tell the tale.

You know it's something when you find someone who is willing to take time out of their schedule to make sure your day is happening how you want it. Someone who knows you like burgers so takes you to Five Guys even if they might be feeling like pizza. **You know they care** because they take the time to see what's happening with you and what makes you happy.

AVA,
AGE 16

SILENT TREATMENT

SOMETIMES A LITTLE QUIET IS NICE. YOU CAN HEAR YOUR THOUGHTS. PEOPLE WATCH. AND THEN SOMETIMES IT CAN BE ABSOLUTE TORTURE. LIKE WHEN SOMEONE'S GIVING YOU THE SILENT TREATMENT.



ALEX, SHE WON'T TALK TO ME. WHAT DID I DO WRONG???



SHE SAYS...



WELL APPARENTLY YOU...



OH WOW.



OH, I THINK I KNOW WHY YOU'RE UPSET. I'M SORRY. I SHOULDN'T HAVE POSTED THAT COMMENT.

IT REALLY HURT MY FEELINGS.



AND I'M REALLY SORRY. IT WON'T HAPPEN AGAIN.



THANKS, ALEX.

YEAH, THANKS ALEX.

▶ LIKE THE OLD SAYING GOES, "IF YOU DON'T HAVE ANYTHING NICE TO SAY, THEN DON'T SAY ANYTHING." BUT THE SILENT TREATMENT WON'T SOLVE ANYTHING. TO FIX A PROBLEM, YOU HAVE TO TALK IT OUT.



WHAT ARE FRIENDS FOR?

APPARENTLY, THERE'S CHEMISTRY IN EVERYTHING. AND RIGHT NOW, THE CHEMISTRY BETWEEN MY LAB PARTNERS IS ABOUT TO BOIL OVER.



I DON'T LIKE THE WAY HE TREATS YOU IN FRONT OF HIS FRIENDS.

HE'S JUST PLAYING AROUND. I KNOW HE DOESN'T MEAN IT.



ALEX, WILL YOU TALK TO HER?

WELL IF CHEMISTRY CAN TEACH US ANYTHING IT'S...



SEE, ALEX AGREES, FRIENDS ARE SUPPOSED TO LOOK OUT FOR EACH OTHER. IT'S MY JOB TO MAKE SURE YOU DON'T GET HURT. I HOPE YOU'D DO THAT SAME FOR ME.



YOU'RE RIGHT ALEX. KAMEICA IS JUST BEING A FRIEND. I SHOULD LISTEN TO HER INSTEAD OF GETTING ALL WEIRD. THANKS.

YEAH, THANKS ALEX. YOU'RE A GOOD LAB PARTNER.



SO THAT'S IT, THERE'S A SCIENCE TO RELATIONSHIPS. BUT EVERYONE NEEDS A LAB PARTNER IN CASE THEY MISS SOMETHING THAT'S RIGHT IN FRONT OF THEM.

WHAT WOULD ALEX SAY?

ALEX NEVER SEEMS TO GET A WORD IN EDGEWISE, AND YET, IT STILL WORKS OUT OK. WHAT WOULD YOU SAY IN THESE SITUATIONS?

ALEX, ALL MY FRIENDS SAY THAT MY GIRL IS A BAD INFLUENCE, BUT SHE'S REALLY PRETTY, WHAT SHOULD I DO?



ALEX, MY BOYFRIEND IS STILL FRIENDS WITH HIS EX, AND IT'S MAKING ME A LITTLE NUTS.



ALEX, YOU ALWAYS HAVE SUCH GREAT ADVICE. HOW DO YOU KNOW WHAT TO SAY?



WORD SEARCH

Find these important parts of every healthy relationship hidden in the puzzle.

- | | |
|---------------|------------|
| INDEPENDENCE | LISTENING |
| COMMUNICATION | BOUNDARIES |
| TRUST | RESPECT |
| PRIVACY | HONESTY |

I C G Z S P D B F E T G U M
 Y H P C N E S K K E N O E U
 C M C C E L E P Y I R C M Q
 O W M B D W J T N J N E B B
 M S G J Q R S E L E F W Y O
 M E T A T E T N D Y E X G U
 U I M B N S M N C B O J T N
 N Y H O I A E A F P D C E D
 I C H L E P V C M N E D O A
 C V W J E I H E U P M B P R
 A T D D R E N E S R B P H I
 T C N P F K Y E P S U M B E
 I I T E X U R T R U S T D S
 O N D P G H B Z L T A E G U
 N Q U B B O M K C H G A S D
 D I O Q X M Y L O N U H B N

★
 DOES YOUR **BOO**
 BRING OUT THE REAL
YOU?



ALWAYS BE YOURSELF
 AND REMEMBER TO LET
 YOUR PARTNER BE THEIR
 BEST SELF TOO.

When you're keeping it 100, what are your best qualities?

1 _____

2 _____

3 _____

4 _____

5 _____

WHAT DOES IT MEAN TO BE RESPECTFUL?

~~Cross out~~ the answers below that don't belong.

Caring about the other person's feelings.

Making jokes about the other person in front of friends.

Making decisions together.

Liking the other person for who they are and letting them be themselves.

Never spending a single second apart.

Thinking about what you say so you won't hurt the other person's feelings.

Looking through their phone when they're not around.

Being open and listening to what the other person has to say.

Telling the other person's secrets.

NAME THAT TUNE ...REALLY!

Write down some songs
Alex can recommend to
his friends who ask him
for relationship advice.

ARE YOUR FAVORITE SINGERS
GIVING GOOD ADVICE?



iZi PLAYLIST



