

# DOWN OVER



Your friend constantly sends his girlfriend text messages, asking her where she is, who she's with, what she's doing. This isn't just friendly chat; you get the feeling that he's obsessed and jealous, and always needs to know her every move.

## TRAIN OF THOUGHT

I'm not sure this is any of my **business**. After all, I wouldn't want other kids messing with my **relationships**.....

Then again, this doesn't seem **right**. He's really trying to **control her**, and this can't be healthy..... I know some girls who think that guys who are **jealous** must really love them a lot.... But I've seen materials from relationship abuse programs that explain how this kind of behavior can lead to **physical abuse**.....

**Could this be one of those relationships?** Then again, a lot of kids text a ton.

Who am I to say when it's **too much**?..... And if I do say something, he might go off on me.

**What should I do** in this situation?

## OPTIONS

- ❶ Do nothing. It's none of my business.
- ❷ Tell my friend that I'm concerned about his jealousy, and he needs to chill out a bit and give his girlfriend some space.
- ❸ Talk to some of her friends, let them know what I've observed, and ask them if they have concerns about the relationship.
- ❹ Talk to my parent, or a teacher or coach that I trust, and ask them for advice about what to do.
- ❺ Tell my friend that he should consider seeing a counselor or another professional, because his texting behavior seems unhealthy and could get him in trouble.
- ❻ Personal Option: \_\_\_\_\_  
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