Manipulative TeenageRelationships: How to Protect Your
Teenaa

Introduction: UnderstandingManipulative Teenage Relationships

Do you ever feel like you might be too strict inyour teen's relationship? You're not by
yourself.The teenage years are already very rough onemotions, and things get even
worse when manipulative teenage relationships come intoplay. When teens are having
their firstexperiences with love, they are often weak, and itcan be hard to tell when
something is wrong.

Teenage years are a vulnerable time becausefeelings are strong, and self-awareness is
stillgrowing. That makes it easy for people who wantto control you to do so. Additionally,
the statisticsare alarming: 1 in 3 American teenagers haveexperienced some form of
abuse from a romanticpartner, whether it be verbal, physical, or intimate.

Parents need to know the signs of manipulative teenage relationships. But how do you
find them?What can you do to keep your kid safe?

Let's dive in.

What Are ManipulativeTeenage Relationships

Teenage relationships that are manipulative usesneaky ways to control one partner's
feelings oractions. These are signs of manipulative teenagerelationships: one partner
uses psychologicaltricks to get the upper hand, such as emotionalbullying, gaslighting,
and guilt-tripping.

It's important to tell the difference between emotional manipulation in teens and regular
teen rebellion. Rebellion wants to be free, while influence wants to be in charge.

"A manipulative relationship is often masked as love, but the aim is control, not connection." –
Dr. Craig Malkin, psychologist and relationship expert.

Case Study from the Real World

Mia, who was 17, was seeing Noah, who was her boyfriend. He texted her all the time to
find out where she was and who she was with. Noah told Mia he would hurt himself ifshe
tried to break up with him. Mia felt stuck and in charge of Noah's feelings.

You may want to Read: Three Levels of Teenage Relationship: Love, Loss, and Lessons