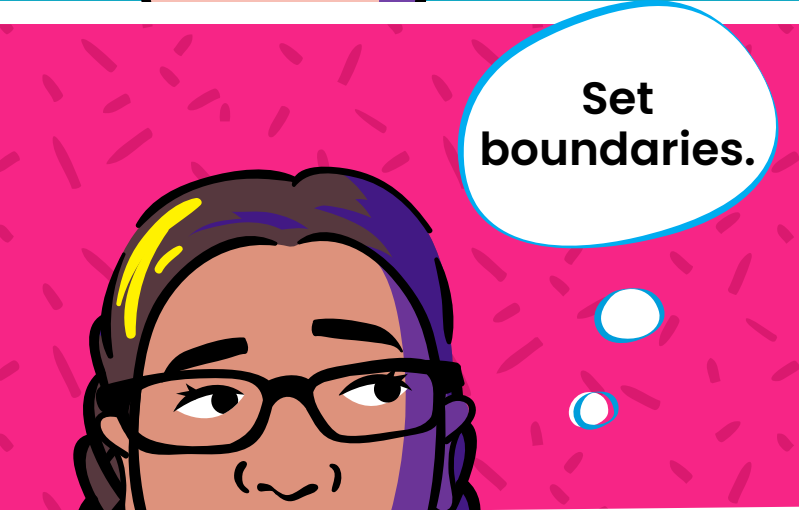




The Breakup Toolkit

Providing support for young people who are ready to navigate breakups in healthy ways.



BREAKUPS DON'T HAVE TO BE HARSH.

When it comes to your breakup story,
the next chapter is your choice.



mass.gov/RESPECTfully

INTRODUCTION

Let's talk about...

RELATIONSHIPS

The relationships you have—with parents, teachers, friends, and romantic connections—are so valuable, because they help shape who you are and how you feel about yourself.

But it's important to understand that **sometimes relationships can change**. Romantic relationships fizzle out, friendships need a break, or you may just have friends going through a breakup who need some support.

“ A relationship
should add to your
life. If it isn't, let it go.”

Mia, 17

For teens, by teens



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HEALTHY BREAKUPS: THE BIG PICTURE

Have you ever experienced a breakup with a friend or romantic partner? With strong emotions involved, breakups can get complicated and feel confusing. But with a little help, they don't have to.

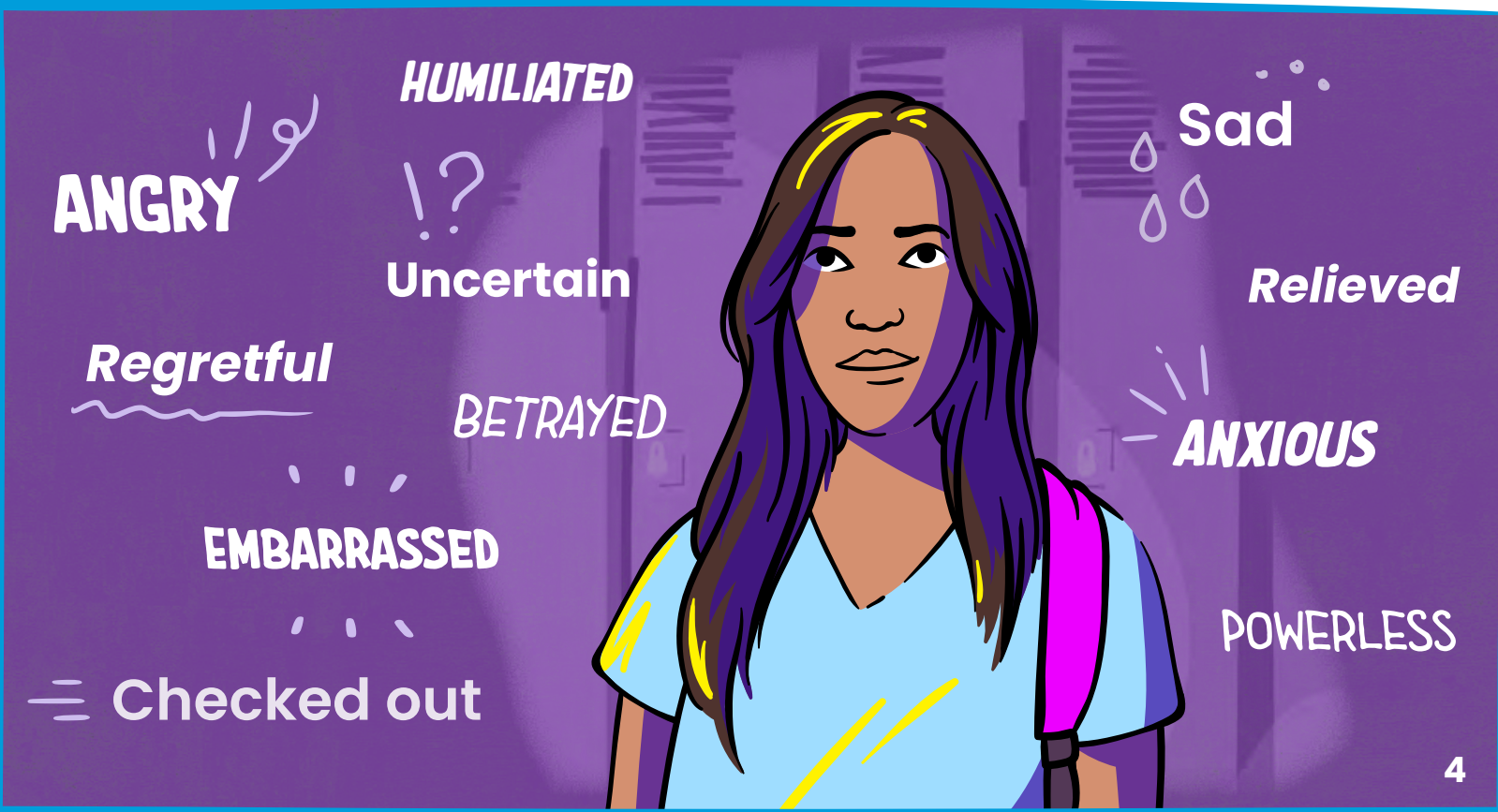
Okay, so we can't promise that every breakup will be easy or comfortable. But with this toolkit, you can explore ways to be better prepared for a healthier breakup and reduce hurt feelings for everyone involved.

When it comes to breakups you may not know where to start.

➔ **So, let's start here, together.**

Feeling all the feels

A breakup can feel like a substantial loss to some, and your emotions can reflect that. If you're thinking about breaking up with someone, or have just been broken up with, you may feel any or all of the following emotions:



No matter how you feel, your feelings are yours and they are all valid. Just because you feel these emotions now, it doesn't mean that the relationship was all bad, or unimportant. Feelings are fluid and can change hour to hour, day to day. But guess what?

★ **What you feel at the time of the breakup won't last forever. Things will start to feel better with the passing of time and the support of friends and family.**

Don't forget! When it comes to relationships, they have to work for both people. When a relationship ends, it can feel bad, or like a rejection, and it can hurt. In most cases, it's not about you or the other person, it's about the relationship simply not working anymore.

The good news is, you can find ways to appreciate each other's good qualities and let the relationship end.

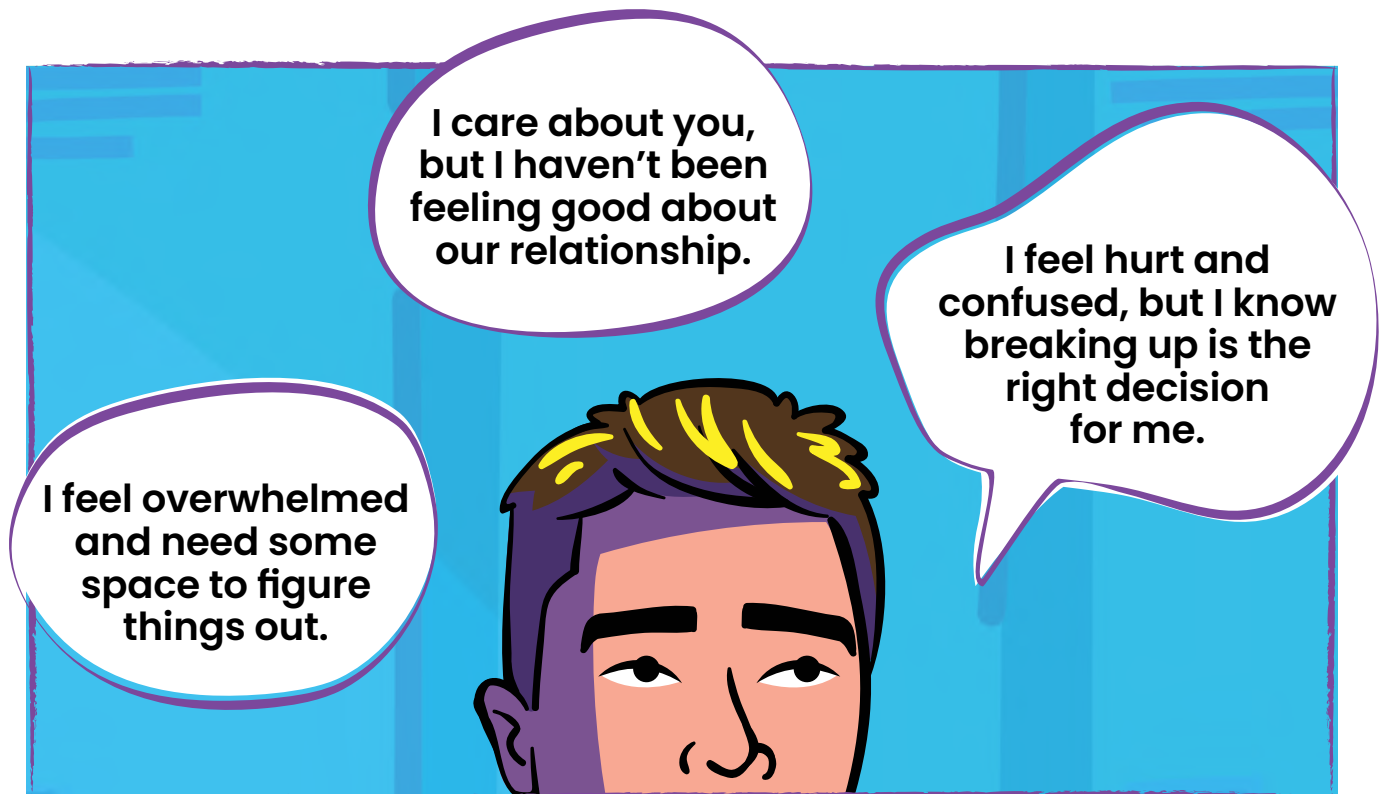


“ Breaking up is a hard process, but sometimes you have to go through it to come out better on the other side. ”

Hannah, 18
For teens, by teens

Not sure how to express your feelings about wanting to break up?

Here are some ways you can talk about how you feel without blaming the other person:



Keep in mind that while you may feel sad, angry, hurt, confused, or frustrated after a breakup, not all expressions of those feelings are okay, including any type of harassment, intimidation, or violence.

*** No person has the right to threaten the safety or well-being of another person, or cause harm to anyone else. No matter how you feel, you are in control of your own actions and the responsibility that comes with them.**

This Breakup Toolkit focuses on two different types of breakups:

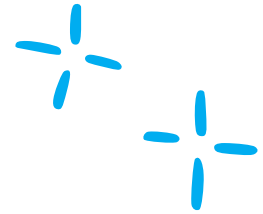
✓ Friendship breakups

✓ Romantic breakups

➔ Let's break these breakups down.

Types of breakups:

FRIENDSHIP



Friendships are unique. They can start when we are young and last for years. Friendships can bring us comfort and joy, as well as make us feel connected and loved. Friendships can also teach us how to navigate boundaries and work out disagreements.

However, **even really great friendships can change over time.**

People grow and people change. Sometimes the friends we make in elementary school don't continue in middle or high school. Your shared interests, social circles, communication styles, and boundaries can change. This can result in friends needing or wanting different things...and that is okay.

Ending a friendship can be hard, but you don't have to be harsh.

Be patient with yourself, ask for help, and practice self-care.



Types of breakups:

ROMANTIC

Romantic relationships are also unique. When you strongly like or love someone, it can feel special and unforgettable. It can introduce you to new, deeper feelings that may include infatuation, vulnerability, and excitement.

Romantic relationships can bring a lot of emotion too, both good and bad. When a new romantic relationship starts, it should feel good. When it ends, it can bring up mixed emotions for the people involved.



★ **Not all romantic connections look the same. Some people are in committed relationships, while others find themselves in situationships—undefined or casual relationships that don't follow a clear path.**



Situationships can feel exciting and fun, but they can also bring uncertainty, especially when one person wants something different than the other. Just like romantic relationships, situationships can end for a variety of reasons, and those breakups can be just as emotional.

Romantic breakups usually happen when one or both people in the relationship decide that it's no longer meeting their needs, and they choose to change things about the relationship.





Romantic relationships can end for practical reasons, including:

- ✓ Moving away
- ✓ Starting a job or working more hours
- ✓ Switching schools
- ✓ Needing to devote extra time to schoolwork, sports, or activities

They can also end for emotional reasons, including:

- ✓ A change in feelings for the other person
- ✓ One person in the relationship doesn't feel like it's good for them anymore
- ✓ A change in feelings about being in a committed partnership



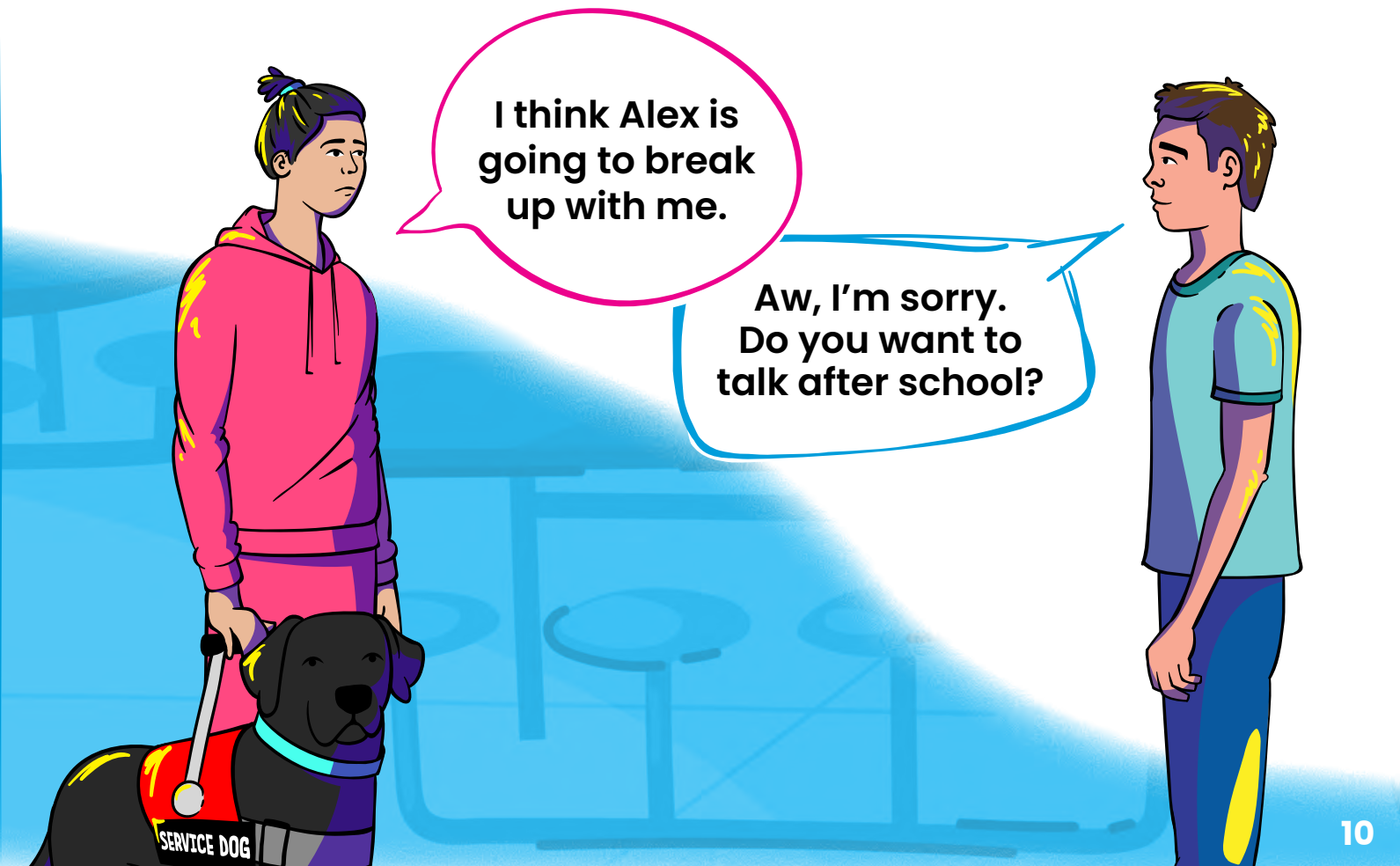
Being broken up with can feel like a personal rejection and make someone feel like they aren't valuable or worthy enough.

Breaking up with someone can also bring a range of emotions, and might make you feel guilty, worried, sad, or stressed. It can be challenging to navigate these feelings as you make the decision that's right for you.

When you're in a romantic relationship things like communication styles, expectations, and readiness for a serious commitment can change...and that's okay. Most people your age are still learning about themselves and figuring out what does or doesn't work for them in a relationship.

Ending a romantic relationship can be hard, but you don't have to be harsh.

Be patient with yourself, ask for help, and practice self-care.



Breaking down a breakup



Who's who in a breakup?

Sometimes both people in a relationship make the mutual decision to breakup. More often, one person initiates the breakup, and the other person receives the news that their friend or partner doesn't want to be in a relationship with them anymore.

If you're the person initiating the breakup, it can help to be prepared. If you've been asking yourself questions about what would happen if you ended the relationship, you have already been doing valuable prep work. It can help you be compassionate and respectful in the way that you break up with them.



If you're the one being broken up with, you may already notice issues in the relationship or see signs that a serious conversation is coming.



What happens next?

The goal of this toolkit is to prepare you and provide guidance for a breakup that is healthy for everyone involved. **A healthy breakup supports the dignity, respect, and safety of all.**

It's helpful to think about breakups in three stages:



PRE-BREAKUP

Things to consider before you break up with a friend or romantic partner



DURING A BREAKUP

Ways to prepare what you might say or do during a breakup



POST-BREAKUP

Caring for yourself after a breakup



Let's check them out...

“No matter how much you care for someone, sometimes it's in everyone's best interest to go separate ways.”

Edna, 18

For teens, by teens





PRE-BREAKUP

Prepare yourself

So, you're thinking about breaking up—or maybe you've already decided that breaking up is the best thing for you. Regardless of where you are on the journey, it's helpful to **reflect on how you're feeling in your relationship.** Start by asking yourself these questions:



1 What are the “must-haves” in your relationship?

Are there things you need from the relationship that would make things better for both of you? Some of these “[must haves](#)” may include:

Mutual respect: valuing each other and understanding boundaries

Trust: feeling confident you have each other's back

Honesty: being truthful with each other

Compromise: acknowledging and respecting different points of view

Good communication: respecting each other's need to speak honestly and openly

Fighting fair: finding solutions to differences of opinion by sticking to the subject and avoiding insults

Problem solving: working together to break down problems and identify solutions

Are some of these “must haves” already showing up in your relationship? Every relationship is unique, but healthy ones share certain characteristics.

If you're still wondering if your relationship is healthy or not, try [taking the RESPECTfully Healthy Relationship Quiz.](#)



2 Are you communicating with care?

Communication can be tricky, and sometimes how you communicate can negatively impact your relationship.

Before you break up, ask yourself, is there a miscommunication about something?

Have you been open and honest about how you feel? Is the way you communicate (texting, social media, in person) creating a problem?



Communicate clearly and with respect.

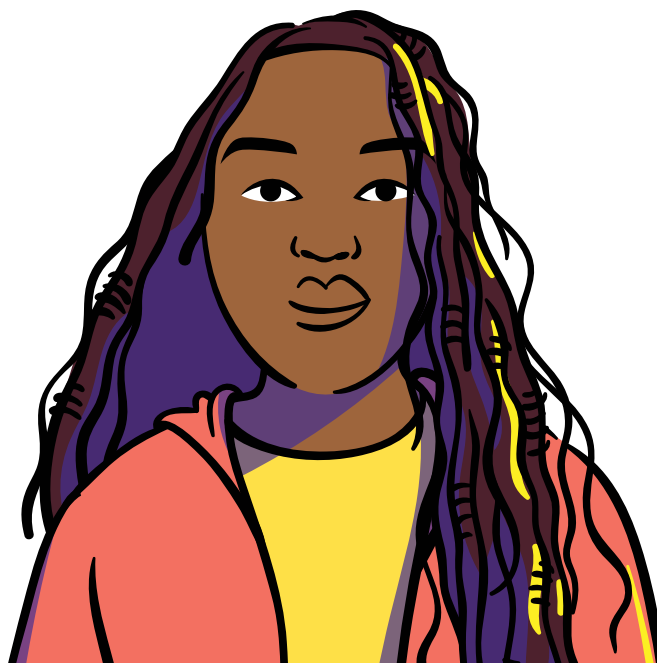
3 Is it worth working out?

Things can happen in our relationships that seem huge and hard to get over, but sometimes, if you take a little time to reflect, they don't seem so huge anymore.

However, each person in the relationship gets to decide what their "dealbreakers" are and if something feels too hurtful to ignore. It's important to be honest about your feelings. Holding a grudge against the other person isn't good for either of you.




Be open and honest about your feelings.




4

Breaking up can bring big change. How can I prepare?


When you're in a relationship, your lives are likely pretty connected. You might see each other in class, sit together at lunch, or share some of the same friends. When you think about breaking up, also give some thought to the following:



How can you handle the breakup in a way that respects both your feelings and those of mutual friends?




What steps can you take to maintain your friendships and set boundaries when the other person is around?



How can you navigate seeing each other in school or social settings while keeping things as comfortable as possible?

What plans can you make to create personal space and focus on your own well-being?



Thinking ahead about these situations can help you feel more confident in your decision and make the transition smoother for everyone involved.

Breakups can lead to losses or changes beyond the relationship itself. Keep in mind that this should not affect your choice. If the relationship isn't good for you, that's okay.



Still not sure how to explain why you want to break up?

Try saying something like this:



5 Support is super important. Who can I reach out to?

Breakups can cause a lot of stress, pain, and sadness. Before you do anything, think about who you can turn to for support before, during, or after a breakup.

Asking for help isn't always easy, but friends, family members, or a trusted adult can all be great sources of support and can help make the decision to breakup easier.

[Find more tips on navigating a shared friend group after a breakup.](#)



BREAKUP TIP



Consideration counts

Before you make that call, send that text, or see that person during or after school, remember that breakups can be hard. Even when you have valid complaints, the other person may not receive them well or be able to talk things through right away or at the same time that you're ready.

Express your feelings while treating people the way you would want to be treated.



BREAKUP TIPS

- ✓ Be compassionate, empathetic and respectful
- ✓ Take deep breaths
- ✓ Think before you respond
- ✓ Use "I" statements [see examples](#)
- ✓ Don't point fingers
- ✓ Don't blame the other person
- ✓ Don't start name calling



If you've already made the decision to breakup, you don't need to change your mind based on how the other person feels or responds. Prepare yourself for a little pushback and be ready to repeat your reasoning, if necessary. You may need to take some space apart after the first conversation.

You don't need to convince the other person that your decision is the right one. Keep the conversation respectful and to the point. Avoid blame and arguing.



**Be kind,
courteous,
and open to
their input.**

Passive breakups

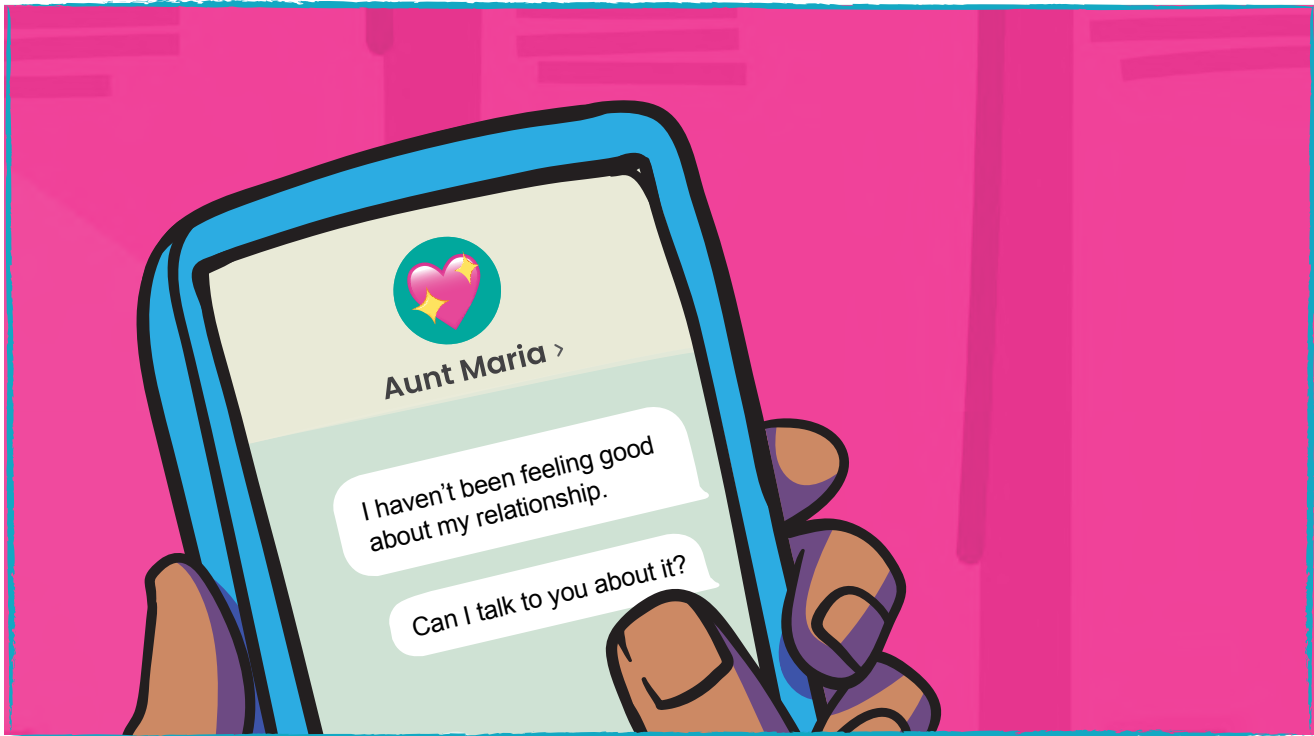
A "passive breakup" happens when one person ends a relationship by gradually withdrawing or avoiding communication, instead of having a direct, open conversation about wanting to break up.

There really is no "right way" to break up with someone, but if you're ending a friendship or breaking up with a romantic partner, it's important to be clear, direct, and respectful about your reasons why.

Avoid **ghosting**, which is when you just stop all communication with someone without notice. This can cause confusion about why the relationship ended and doesn't leave room for closure. While it may seem like a "simple" solution that can spare you the discomfort of the breakup, it is an inconsiderate way to end a relationship with someone you've cared about.

**Ghosting
hurts.**





➔ Safety: Preparing for a breakup if you don't feel safe

If you're in a relationship that feels unsafe or unhealthy, listen to your inner voice. A hostile friend or romantic partner may feel like they are losing control of the relationship and start to increase threatening behaviors.

If you notice this, don't ignore it.

When you decide to end your relationship but feel unsafe or fearful that you might be hurt, injured, or threatened during the breakup: trust your gut, plan ahead, and ask for help.

If you are fearful during a breakup, consider these tips to breakup safely:



- ✓ Let your friends and family know you're ending your relationship, especially if you think it's possible the other person will try to confront you when you're alone.
- ✓ Don't break up in person. It might seem harsh to end a relationship over the phone or by text or email, but your safety is more important.
- ✓ Avoid making the other person feel defensive by keeping your reasons for ending things simple. There is no need to over-explain, place blame, or argue.
- ✓ If you do break up in person, do so in a public place. Ask a trusted friend or family member to be close by and have a cell phone with you if possible.

If your friend or romantic partner has expressed that they are fearful of you, it's important to take this seriously. Reflect on your behavior and recognize how it may have impacted them. In this situation, it's important to remain calm and avoid becoming defensive.

Ask for help:

If you ever feel like you're in physical danger, please find an adult and/or call 911 if you are safe to do so.

To talk to an advocate, call the 24/7 National Teen Dating Abuse Helpline at (866) 331-9474, text: LOVEIS to 22522, or [chat online](#).



Setting healthy boundaries

Boundaries: The limits you set for yourself related to things that make you feel uncomfortable or unsafe emotionally, physically, or digitally.

Setting clear personal boundaries can help you have healthy relationships and healthy breakups. If you feel hurt, guilty, ashamed, or disrespected in your relationship, it may be a sign that your boundaries were crossed.

When planning a breakup, ask yourself these questions:

- 1 What new boundaries do I need to move forward?**
 - ✓ No more texting
 - ✓ Unfollow each other on social media
 - ✓ No hanging out
 - ✓ Stay in group chats but avoid direct messaging
- 2 What support do I need from my friends and family to respect or keep those boundaries?**
- 3 How will I handle the opinions of people outside of the relationship who may question my decision?**

The best way to set clear personal boundaries is with honesty and open communication. Try these ways to express your needs:



✓ DURING A BREAKUP

So...you've decided that breaking up with your friend or romantic partner is the best thing for you.

Now it's time to make a plan to communicate how you feel and start healing.

There are a few important things to consider:



Let's get into it.

“ During a breakup, the actual breaking up part can be very emotional and can feel very stressful—sometimes overwhelming, but once you calm down and realize your worth... it's a very clarifying moment. ”

Peyton

For teens, by teens

Safety: What can you do to feel safe during a breakup?

If you are concerned about your safety because you have been fearful of or hurt by the person you plan to break up with, **have a plan in place and let a trusted adult know about it.**

If the other person expresses that they have been or are fearful of you: stay calm, try not to get defensive, end the relationship with respect, and leave.

Here are some things you can do during a breakup, so everyone feels safe:

- ✓ Talk in a public space. If the conversation starts in private, move to a public space.
- ✓ Speak from your own perspective and share your decision to end the relationship.
- ✓ Avoid blame or arguing, which could make the other person feel defensive or escalate things.
- ✓ Do not go to a second location with the other person after the breakup. If you need one, make plans to get a ride from another friend or adult.
- ✓ Try not to be alone immediately after the breakup.

If you ever feel like you're in physical danger, please find a trusted adult and/or call 911 if you are safe to do so.

If you have questions about what to do before a breakup visit the **pre-breakup** section of this toolkit.



Communicate clearly

When it comes to breakups, how you communicate is so important! Breakup conversations can be hard. Your emotions are running high, and you're likely feeling nervous or anxious. However, because you've done some **pre-breakup planning**, you've thought about what you want to say and how you'll say it in a purposeful, but respectful way.

Here are some useful breakup communication tips:

- ✓ Stay in control of your emotions by planning what you want to say ahead of time.
- ✓ Practice control of your breathing so you can stay relaxed and calm.
- ✓ Relax your shoulders, jaw, and hands to keep your body calm and at ease.
- ✓ Try not to criticize the other person or make them feel bad about themselves.
- ✓ Communicate in ways that are brief, direct, positive, and to the point.
- ✓ Use "I" statements that focus on your own feelings and avoid blaming the other person.

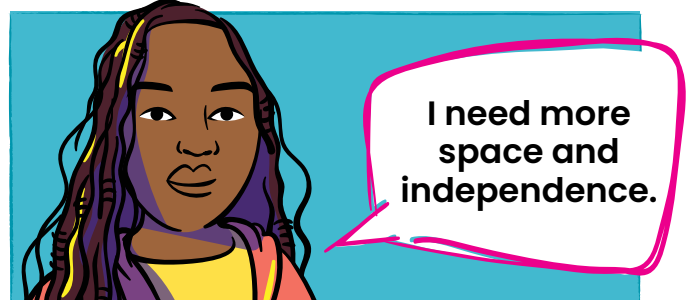
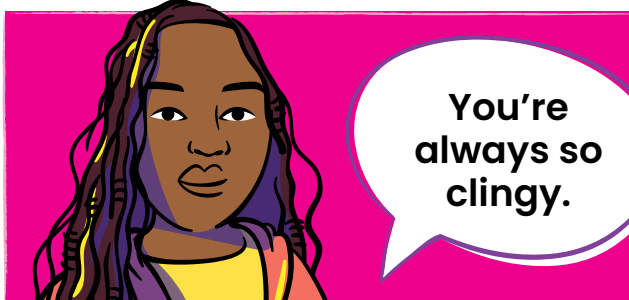


THIS OR THAT

Instead of saying this...



Try saying...

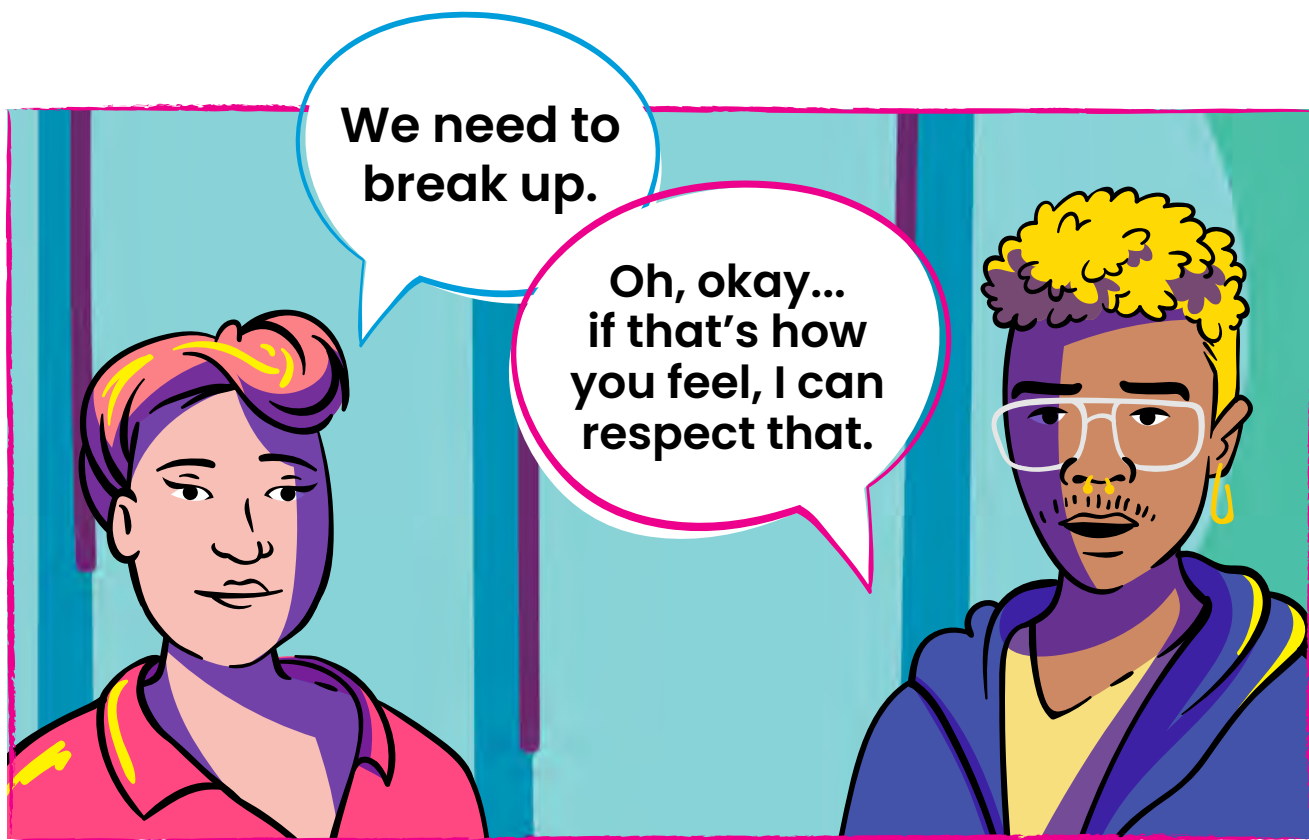


Set healthy boundaries

During a breakup, each person gets to decide what their healthy boundaries are. Two people can have very different boundaries and still show respect for each other.

If someone else initiates a breakup with you because their boundaries were crossed, **don't make them feel bad or unsafe in any way**. They get to decide what is best for them and not fear retaliation. If you have crossed someone's personal boundaries, take accountability (accept responsibility for your actions), apologize, and own your mistake.

If you feel hurt because your boundaries were crossed or are having trouble respecting someone else's boundaries, share your feelings with supportive friends and adults. Do not expect the other person to take care of your needs during the breakup.





POST-BREAKUP



Breakups are painful whether you initiated it or if you were the one being broken up with. They can bring many feelings and emotions to the surface. No matter how you feel, there are important things you can do when your friendship or romantic relationship has ended.

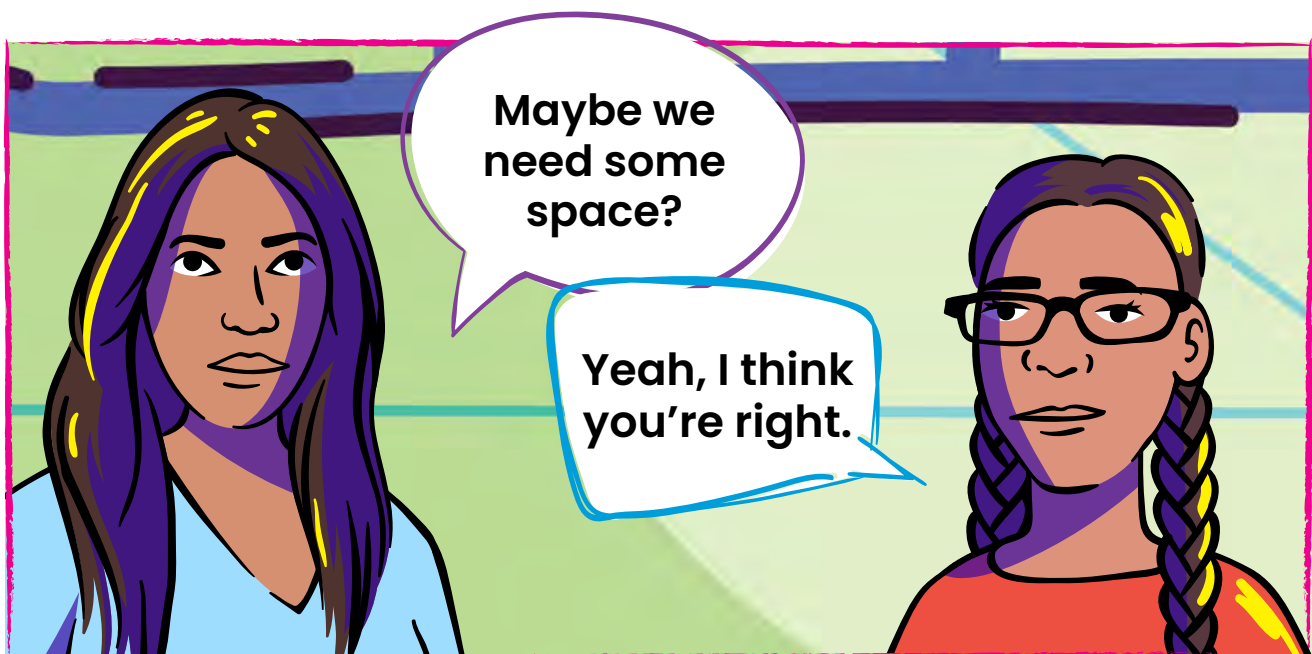
“Nothing can truly prepare you for a breakup, but as long as you can take care of yourself, you’ll be okay in the end.”

Shanel, 18

For teens, by teens

Communicate clearly

After the breakup, if it feels safe to talk to your former partner/friend, try to be honest and open in your communication. If you are able to do so, share your boundaries and limits with them as you navigate the future.





Set healthy boundaries

After a breakup, each person gets to decide their boundaries and how they want to move forward, which may include no contact, no talking, no texting, or other limits on communication and interactions. Each person should respect what the other person needs, including time and space to reflect.

Setting clear personal boundaries—whether emotional, physical, or digital—can help everyone heal and move forward. If either person is being hurt, shamed, or disrespected, it is a clear sign that boundaries are being crossed.





Not sure how to set healthy boundaries after a breakup? Here are a few things to consider:

What new boundaries do you need to move forward?

How will you establish new boundaries after a breakup?

How do you feel about online connections (texting, social media, chat groups, direct messages, etc.)?

What support do you need from friends and family to respect or keep these boundaries?

What are your worries or concerns about the breakup?

How can you set boundaries with others who may not support your decision to end the relationship?

Need more support?

Talk to a trusted adult or reach out to a professional organization that promotes safety in relationships.

You can [search for local service providers](#) and get more information or call the 24/7 National Dating Abuse Helpline at **1-866-331-9474**, text **LOVEIS** to **22522**, or [chat online](#).

Visit RESPECTfully's resource "[What does an unhealthy relationship look like?](#)" to learn more about the signs of a relationship that could lead to an unsafe breakup.



Navigating mutual (shared) friends

Navigating shared friends or social groups after a friendship or romantic breakup can be hard. Emotions run high and those relationships may shift. Whether you're dealing with mutual friends, shared activities/teams, or social media connections, try to approach each situation with clarity and respect. Set healthy boundaries, communicate openly, and focus on maintaining existing relationships to **minimize unnecessary drama** and **keep important connections**.

How can you handle shared friends or social groups with respect after a breakup?

★ Communicate and set boundaries with friends

Let friends know you don't want them caught in the middle. You may need to vent and share what you're going through but avoid complaining about your former friend/partner. Discourage others from doing so, too.

★ Manage social media groups

If you share a group chat or social media group, decide if you want to leave, stay, or create a new group with the friends that you want to stay connected to. Accept that others may adjust their connections too.

BREAKUP TIP

Give yourself, and your friends, time to get used to things after a breakup.

Change can be a positive thing.



★ Navigate group settings

Give each other space and avoid making anyone feel uncomfortable. If shared activities are difficult, seek guidance from a trusted friend or adult to help you find ways to participate without conflict.

★ Sharing mutual friends

Try to give time and attention to more than one friend or friend group when you are in a relationship. Keep your connections so that you have support if one of your significant relationships ends.

★ Don't give in to drama

Agree not to speak negatively about each other or gossip about the breakup. It's okay to confide in a trusted friend, family member, or professional, but avoid making public complaints about your ex. Let friends know you expect the same.

★ Accept change

Accept that some friend groups may split temporarily or permanently. If you're patient, you may find that some friendships recover with time.



Safety: Things you can do after a breakup to make sure you stay safe

If you don't think you'll feel safe after a breakup, set up a post-breakup [safety plan](#). If you're not sure how to do this on your own, you can reach out to a professional organization that promotes safety in relationships.

A post-breakup safety plan is a personalized, practical plan to help keep you safe if you were in an abusive relationship. It's something you can put together with a professional advocate who can guide and support you throughout the process. A personal safety plan will address your physical and emotional safety and may include information about how to leave your relationship and find support legally or with law enforcement.

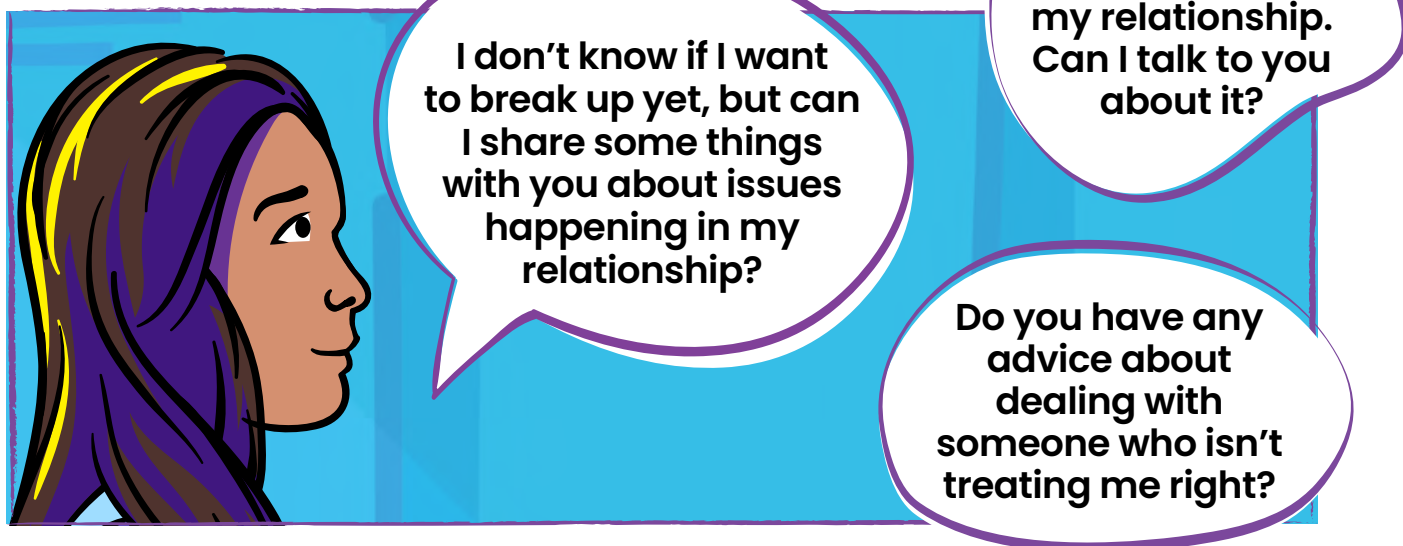


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If you ever feel like you're in physical danger, please find a trusted adult and/or call 911 if you are safe to do so.

Not sure how to start the conversation with an adult? Try...



If you have questions about what to do before or during a breakup visit the **Pre-Breakup** or **During a Breakup** sections of this toolkit.

Coping strategies

Coping strategies are things people do to deal with stress or a challenging situation. **Good coping skills focus on positive behaviors that will benefit your long-term health and well-being.** They may help you feel better before, during, or after a breakup. Some examples of coping strategies might include journaling, exercise, or participating in creative or relaxing activities.

When it comes to coping, avoid activities that are destructive or harmful, including isolation. Isolation may be a short-term coping skill for some, but long-term isolation will usually have the opposite effect and reinforce any feelings of loss and loneliness.

Talking to a trusted adult can help reduce your stress when you're trying to cope with a breakup. If you don't have a trusted adult to talk to or want to learn about tools to reduce stress, visit wander.mass.gov. In the Wander game, you'll find activities for breathing exercises, stretching, journaling prompts, drawing activities, and more.



Coping with a friendship breakup



Friendship breakups are hard, especially if you and the other person have been friends for a long time or considered each other “best friends.” After the friendship ends, try to cope by leaning into your other friends who keep showing up for you. Nourish the friendships that feel good. Don’t be afraid to connect with new friends, too!



Coping with a romantic breakup

Managing heartbreak can be tricky when a romantic relationship ends. It takes time to get a handle on your feelings and adjust to not sharing time with someone you were close to. After the breakup, try to cope by focusing on your own personal growth. Find the parts of your life that bring you joy or make you feel accomplished. This is a great time to be kind to yourself and look to the future.



How do you cope when faced with something difficult?



Practicing self-care

The first step in self-care is giving yourself the time and space you need to heal.

This might include doing some of the things you like to do that make you feel calm and happy and bring you back to having a strong sense of self outside of your relationships.



What does self-care look like?

✓ Take care of your body (physical health)

Taking care of your body can mean making sure you get enough sleep, have enough to eat, make healthy food choices, and keep up with your personal hygiene (bathing, brushing your teeth, etc.). Stretching and exercising will also help to care for your body.

These may seem like simple things, but they are all good ways to care for your physical (and mental) health.

“After getting to know someone really well, there’s a huge shift in your routine once they leave. It can take some time to get back to feeling like yourself again.”

Edna, 18

For teens, by teens

✓ Take care of your mind (mental health)

Taking care of your mental health can include things like meditation, journaling, yoga, therapy, getting fresh air, or spending quality time with family, friends, or pets.

Sometimes other simple things like reading or taking a walk outside can take your mind off a breakup. Physical activity can be good for your mental health.



✓ Talk to someone you trust

If you're not sure how to practice self-care, turn to the people you trust the most. **Ask for help and support.** You can look to other friends, your parents/guardians, family members, teachers, coaches, faith leaders, or therapists.

These are the people who will look out for your best interests and think about your long-term wellness. Many of them will have past breakup experiences that they can share with you. Ask them how they learned and grew from those experiences.

➔ **Always remember, it's okay to ask for help.**





How do you practice self-care?



Do some of the things you like to do that make you feel happy.



Closing the door on (relationship) content

One of the more difficult things to do after a friendship or romantic breakup is look at your social media platforms or your phone's photo album filled with pictures of your ex-friend or partner.

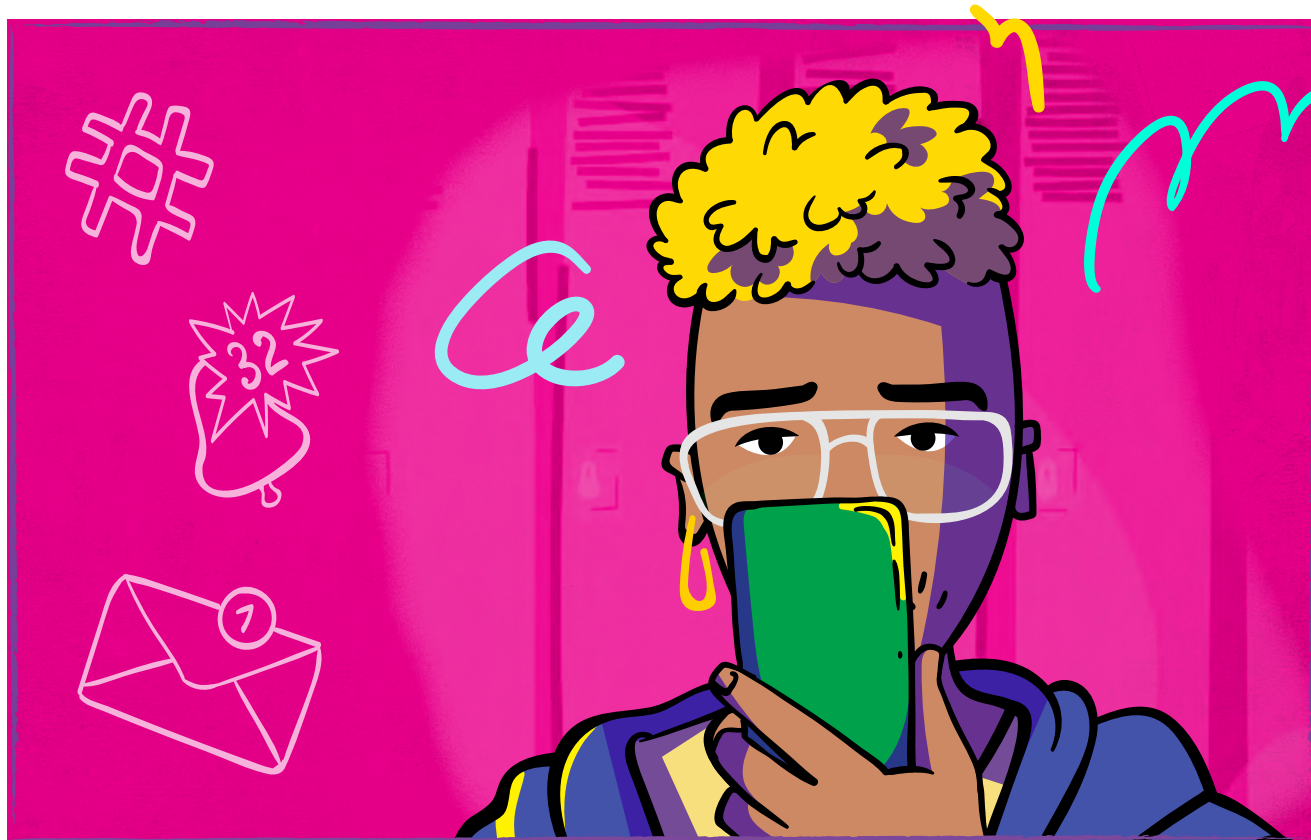


If you choose to, you can consider closing the door on relationship content by deleting personal pictures, including anything that could compromise the other person.

“**Breakups should always be handled with honesty and consideration for others.**”

Aarna, 15

For teens, by teens



Did you know?

[A new law went into effect in Massachusetts in 2024,](#) making it illegal to share nude or sexual images of another person under certain circumstances, including with the intent to harass, intimidate, threaten, harm, or coerce where the person experiences substantial emotional distress. This is sometimes called “revenge porn.”



It is also against the law for a minor (anyone under 18 years of age) to possess, share, or post online nude or sexual images of a minor, even if the images were originally shared mutually or willingly.

When it comes to personal pictures or videos that may compromise another person, don't text them, post them, or print them. Have respect for yourself and your former friend or romantic partner and simply delete them.

[Learn more facts about sexting and cyberbullying.](#)



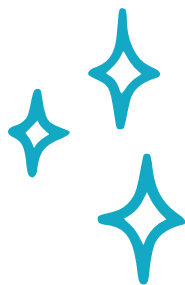


BREAKUP TIP



Moving forward

If you've experienced a breakup or have been broken up with, it's fair to say you've been through a lot recently. **Be kind to yourself and remember that people grow, and people change.** Breakups are a part of life. People come and people go for different reasons. Trying to have healthy relationships and realizing when you're in one that isn't, is all part of your personal growth.



“ It can be hard to feel content and ok with being alone after you have gotten used to being in a relationship and having that person’s support... One of the biggest milestones in healing from a breakup is learning how to be comfortable and ok with being alone without being lonely. ”

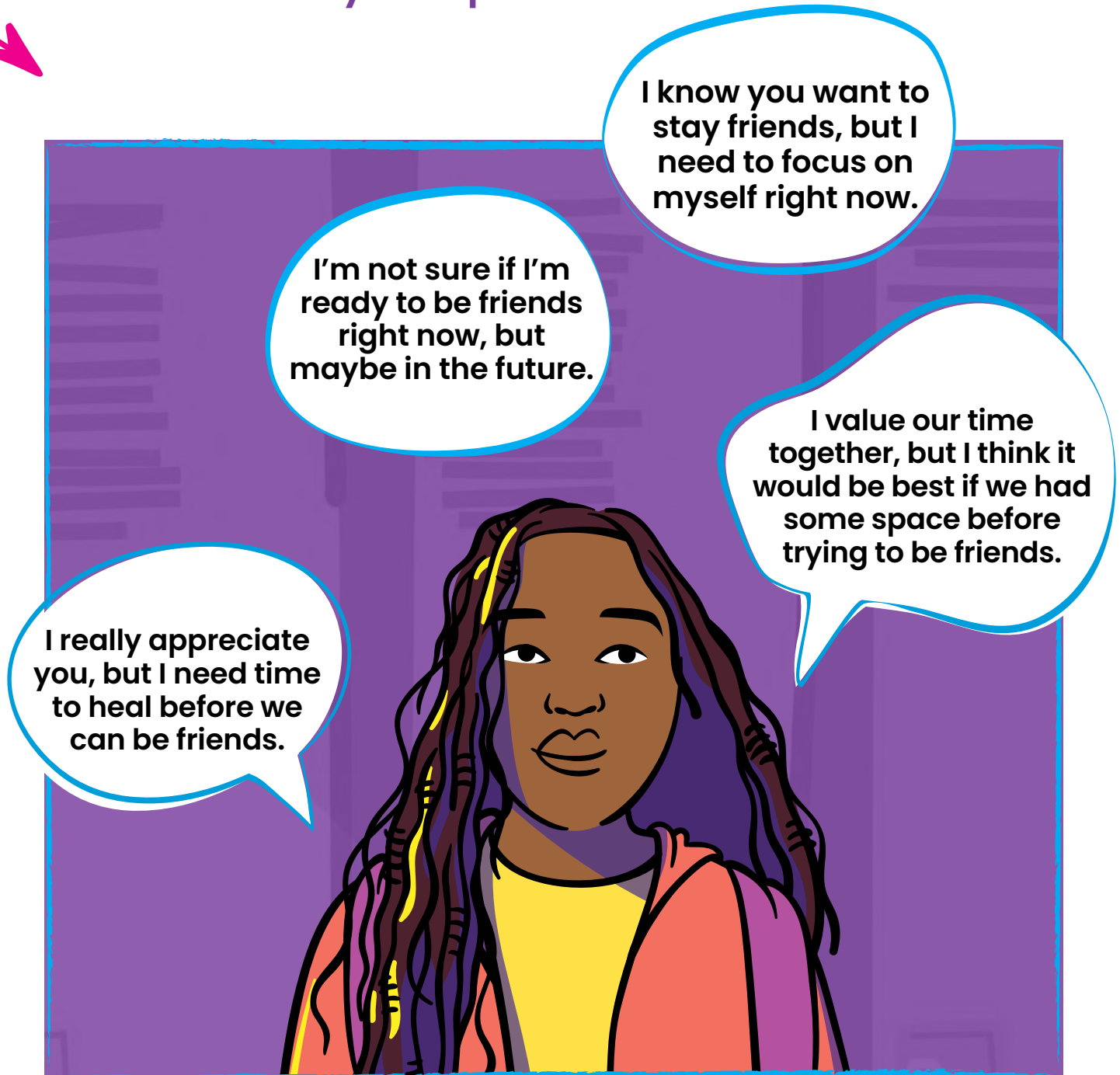
Jasper

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Do you want to stay friends after your breakup, but you're not sure how to explain that you need space?

Here are some ways to express it:



Take time to reflect

Now that you've gotten through what was probably a difficult breakup, there are so many good things to reflect on:

What have you learned about yourself?

What have you learned about healthy communication?

What kind of personal boundaries will you set in the future?

What have you learned about the kind of friend or partner you want, or want to be, in the future?

And when it comes to others:

What are some red flags you didn't see in your friendship or relationship?

What about this relationship didn't meet your needs?

What kinds of behaviors would you like to see more of in future friendships or romantic relationships?

What will you look for in future friendship and romantic relationships?

If you're not sure about some of these things spend more time thinking about your personal boundaries (both emotional and physical), needs, and wants. **Don't forget that good friends, trusted adults, and family members are there to support you.** They can help give you new perspective to navigate your relationships moving forward.



RESOURCES AND SUPPORT

Navigating breakups can be hard. That's why we've curated a list of resources that can help you understand and process your feelings and move forward with confidence.

You're not alone. Support is just a call or click away.

[Find local teen dating abuse help in Massachusetts and national hotlines and tools on our website.](#)

Explore more from RESPECTfully:

- ★ **Is your relationship healthy?**
[Take the RESPECTfully Healthy Relationships Quiz](#)
- ★ [What is a healthy relationship?](#)
- ★ [What does an unhealthy relationship look like?](#)
- ★ [How can I help my friend in an unhealthy relationship?](#)
- ★ [Online resources for youth](#)
- ★ [Information for parents and advocates](#)

Share RESPECTfully with your friends:



The Breakup Toolkit



Providing support for young people who are ready to navigate breakups in healthy ways.

When it comes to your breakup story, the next chapter is your choice.



mass.gov/RESPECTfully