



Jessica and Jason

## Meet our Educators

Did you know that [maineteentalk.org](http://maineteentalk.org) has skilled educators who are available to teach the Healthy Relationships course for free at your high school or teen group meetings? Jessica and Jason travel within a forty mile radius of Portland, teaching in Androscoggin, Cumberland, Sagadahoc, and York counties. Call 699-2464 to find out how you can bring this inspiring team to your classroom.



Check out our [maineteentalk.org](http://maineteentalk.org) booth at the Old Port Festival...

June 1, 2008

*Fun games and freebies for teens...*

## Are Relationships Hard?

High domestic violence and divorce rates, and reports of unhappy couples and lack of role models leave many young people wondering if it's possible to have a long-term healthy, happy relationship. Dr. Steven Stosny of Compassion Power believes that relationships are only hard for those who:

- Try to make their partners into someone they are not;
- Believe they have superior rights, tastes, preferences, beliefs, or morality;
- Are unwilling to use binocular vision to see the other person's perspectives alongside their own;
- Are convinced that their partners are selfish, mentally ill, or defective;
- Are unable to admire the other person's strengths and meet their vulnerabilities with compassion and support.

If you're having trouble in a relationship, you may want look more closely at these points. All relationships require acceptance, negotiation, and a good dose of humility.

*When love and skill work together, expect a masterpiece.*

John Ruskin

## Get the skills, win a new Vespa!



[maineteentalk.org](http://maineteentalk.org) is offering every Maine high school teen the chance to win great prizes when they take our online Healthy Relationships course. The goal of the course is to impart knowledge and build relationship skills in teens. The grand prize winner will receive a new Vespa scooter! Teens who complete the course will also have the chance to win a laptop computer, digital camera, I-Pod, skateboard, X-box and other great prizes. Spread the word...go to the Maine Mall and see the Vespa on display, and visit [maineteentalk.org](http://maineteentalk.org) to take the course!

[maineteentalk.org](http://maineteentalk.org)  
[www.best4teens.org](http://www.best4teens.org)  
[info@best4teens.org](mailto:info@best4teens.org)  
207-699-2464