



The ups and downs of dating and relationships throughout the teen years

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Presenter Disclosures

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The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose
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“It’s often hard enough being a teenager, especially in this day and age, but throw in HD and everything that can come with it, and it can be even more devastating to a youth struggling to understand what is now happening and how quickly life can change.”

Adapted from HDYO.org

Some of the unique challenges and questions you maybe facing

It can be lonely and isolating to be a teenager trying to grow up in a HD household

Would anyone want to be in a relationship or date me if I am at risk for HD?

Will I end up alone?

Will anyone ever love me?

Most of your friends are trying to figure out maybe what college they are going to. Yet, you maybe thinking about decisions related to whether or not you have inherited the gene for HD

DATING 101

RED FLAGS

YELLOW FLAGS

DEAL-BREAKERS

Common Dating Relationship issues related to being part of a HD family

- Does someone you are dating need to know about HD? If so when?
- As a teen you may carry the burden of family secrets and unresolved fears or conflicts. This can “creep” into your relationships and make it more difficult to be really honest about yourself with friends and someone you may date
- If you lost a parent to HD when you were young (i.e. under 18) it can make it a bit more challenging to establish healthy relationships later in your life
- Having a good system of social support and strong bonds with friends and others can really boost and improve your dating life and relationships

Suggestions for teens to cope, manage and thrive with dating and relationships

- Learning ways to shift focus from the future to the present
- There is no perfect formula or way to tell someone you like about HD, so find a way that “fits for you.”
- Some friends are better able to understand than others about HD. Some may help you to “get a away” from HD while others maybe great at listening to your worries, you need a little of both...
- Be knowledgeable about HD and being AR, but also know when “enough is enough”, go off line from HD, social media
- Talking to other teen from HD families like your own can REALLY be a great support system
- Most importantly NOTHING about HD or being at-risk should EVER stop you from being happy and living your life to the fullest, in the long run you may find your relationships to only become stronger!

Resources and Links

www.hdyo.org

www.hdscotland.org

www.ypahd.ca

www.hdlighthouse.org

www.hdac.org

www.standord.edu/group/hopes/

www.hdfoundation.org/home

www.hdsa.org/nya

www.youngcarers.net

Good book to help with dating

Are you the one for me?, By Barbara De Angelis

My email

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“The cure for
anything is salt water
- sweat, tears, or the sea.”

Karen von Blixen-Finecke



Photo by Adam Taylor <http://jamtaylor.tumblr.com>