

I'M WORRIED ABOUT MYSELF OR A FRIEND... WHO CAN I TALK TO?



- Trusted family member or friend
- Teacher, guidance counselor, coach, other school staff
- Anyone you trust



- Teen Dating Violence Hotline
text "loveis" to 22522
- Laurel House 24-Hour Hotline
1-800-642-3150



- Visit loveisrespect.org
- Visit Laurel-House.org



education@laurel-house.org



WHAT CAN I DO TO HELP A FRIEND?

- ✓ Don't be afraid to reach out to them if you think they may need help
- ✓ Ask questions and listen patiently
- ✓ Tell them you are concerned about their safety
- ✓ Support and **believe** them
- ✓ Focus on your friend, not their partner
- ✓ Respect your friend's decisions, even if they choose to stay together
- ✓ Connect them to safe people they can talk to



**Want to do more?
Ask us about volunteer
and service projects
opportunities**



**Healthy
Relationships
for Students**

**24-Hour Hotline
1-800-642-3150**

www.laurel-house.org



Start with Honesty
Spend Time to Get to Know Each Other
Don't Rush Things
Put in Effort Equally
Keep Some Things Offline

TIPS FOR HEALTHY RELATIONSHIPS

Establish and Maintain Trust
Have Freedom to Express Yourself
Communicate and Compromise
Allow Room to Grow
Have Fun!

DOES MY PARTNER...

Treat me like an equal
Value my opinions
Support what I want to do
Listen to me
Make me laugh
Act truthful with me
Respect my boundaries
Like that I have other friends

Act jealous often
Make me cry
Tease me or put me down
"Check up" on me a lot
Not support the things I like
Pick fights often
Lie to me
Pressure me to do things

Always blame me
Not want me to have friends
Always track where I'm at
Threaten to break up with me
Not respect my boundaries
Hit me
Always demand sex
Force me to do things

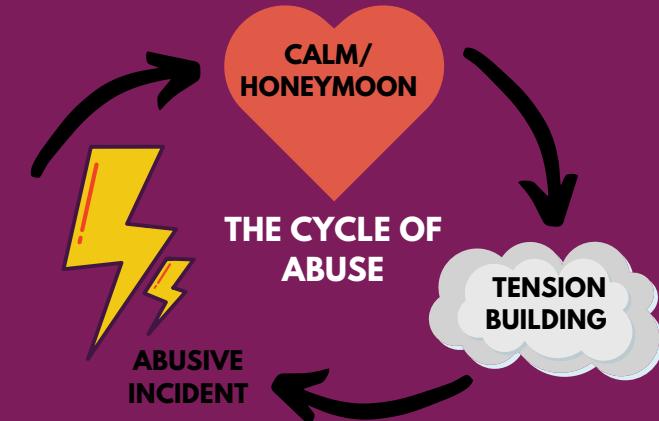
Healthy

Unhealthy

Abusive

WHAT IS DATING ABUSE?

Dating Abuse is a deliberate pattern of behaviors used to gain and maintain **power and control** in a familiar or intimate partner relationship



WHAT CAN I DO IF I AM IN AN ABUSIVE RELATIONSHIP?

- Don't confront your partner alone
- Break up over text/ phone if it is unsafe to do so in-person
- Always have Uber/ Lyft information
- Identify support systems (friends, family, counselors) to talk to
- Create a plan to stay safe

REMEMBER:

Love does not hurt.
You do not deserve to be hurt.
Help is out there!