



love is respect .org
National Teen Dating Abuse Helpline

loveisrespect.org

National Teen Dating Abuse Helpline is available to help! It is a national resource accessible by both internet and phone. Teens can obtain support from peer advocates through the live chat offered on loveisrespect.org or by calling the Helpline at 1-866-331-9474 or 1-866-331-8453 TTY.

The website and helpline are operated by The National Domestic Violence Hotline (NDVH) in Austin, Texas.

Ways to Help

Spread the Word

The Helpline goal is to bring awareness to healthy dating behaviors and prevent dating abuse. School is a great place to spread the word. Here are some ideas:

- ♥ Download posters and quizzes from the loveisrespect.org resource center to distribute at school.
- ♥ Write a story about dating abuse for school newspaper.
- ♥ Organize a school wide assembly focusing on dating abuse. Invite speakers from local dating abuse programs and get school clubs involved.

Are you in a healthy relationship?

Dating Abuse is a pattern of controlling behavior an individual uses against his/her significant other. It can be emotional, verbal or physical. Healthy relationships do not exhibit any of those signs. Consider the following guidelines when assessing your relationship:

- ♥ Love is Trusting – It isn't keeping tabs with obsessive calls and texting
- ♥ Love is Secure – It isn't being jealous, suspicious or paranoid
- ♥ Love is Accepting – It isn't telling someone what to do, what to wear or how to act
- ♥ Love is Freedom – It isn't about possessing anyone or anything

Get Help

If you have concerns about the nature of your relationship please consider the following steps:

- ♥ Confide in a friend
- ♥ Try taking a break from the relationship
- ♥ Consider talking to an adult; it can be a parent, teacher or even a counselor
- ♥ If you do not feel safe, try not to be alone with your girlfriend/boyfriend.

Contact us at loveisrespect.org to obtain more information or participate in a live chat with one of our peer advocates.

If you do not feel safe, please go to a safe location and contact the National Teen Dating Abuse Helpline at: **1-866-331-9474, or TTY 1-866-331-8453**