

Need Help?

National Hotlines are available 24 hours a day, 7 days a week.
If you or a student is in immediate danger, please call 911.

National Teen Dating Abuse Hotline

866-331-9474

866-331-8453 TTY

www.loveisrespect.org

The National Teen Dating Abuse Helpline offers one-on-one service from trained peer advocates and is specifically designed for teens and young adults. It operates 24 hours a day and can be accessed by phone or the internet. Assistance via online chat services is available 4 p.m. to midnight CST, 7 days a week. The helpline also offers translation services.

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

The National Suicide Prevention Lifeline provides free, confidential services to anyone in suicidal crisis or emotional distress. Calls are routed to the nearest crisis center.

The Trevor Project

1-866-488-7386

www.thetrevorproject.org

The Trevor Project provides crisis and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. Their 24/7 crisis line, digital community and advocacy/educational programs create a safe, supportive and positive environment for everyone.

Rape, Abuse & Incest National Network (RAINN) Hotline

800-656-HOPE (4673)

www.rainn.org

online.rainn.org

The Rape, Abuse & Incest National Network (RAINN) offers assistance 24 hours a day, 7 days a week. Callers are automatically directed to on-duty volunteers to answer questions, provide support and refer to local resources. RAINN also operates the National Sexual Assault Online Hotline, providing live and secure help to victims.

National Domestic Violence Hotline

800-799-SAFE (7233)

800-787-3224 TTY

www.ndvh.org

National Domestic Violence Hotline provides crisis intervention, safety planning, information and referrals to agencies in all 50 states, Puerto Rico and the U.S. Virgin Islands. The hotline operates 24 hours a day, 365 days a year, and offers services in more than 170 languages.

National Child Abuse/Neglect Hotline

800-4-A-CHILD (800-422-4453)

<http://www.childhelp.org/pages/hotline>

The National Child Abuse/Neglect Hotline is dedicated to the prevention of child abuse. Serving the United States, its territories, and Canada, the Hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who, through interpreters, can provide assistance in 170 languages.

It's also important to know your local resources. Ask your school counselor or nurse about programs in your community. The national resources listed above can also help connect you with local resources.



FACTS: On Domestic, Dating and Sexual Violence

Domestic, dating and sexual violence are costly and pervasive problems in this country, causing victims, as well as witnesses and bystanders, in every community to suffer incalculable pain and loss. The United States has made progress in the last few decades in addressing this violence, resulting in welcome declines - but there is more work to do to implement the strategies that hold the most promise.

Did you know that...

- Approximately **1 in 3 teenage girls** in the US is a victim of physical, emotional or verbal abuse from a dating partner.
- **1 in 5** women are victims of completed or attempted sexual assault while in college in the United States.
- In the U.S., **12 – 19 year olds experience the highest rates** of rape and sexual assault and people age 18 and 19 experience the highest rates of stalking.
- Nationwide, **nearly 1 in 10 high-school students (9.8 percent)** has been hit, slapped or physically hurt on purpose by a boyfriend or girlfriend.
- **15.5 million children** in the United States live in families in which partner violence occurred at least once in the past year.
- **More than half of teen girls (51 percent)** say pressure from a guy is a reason girls send sexy messages or images, while only 18 percent of teen boys say pressure from a girl is a reason.
- **1 in 4 teens** in a relationship say they have been called names, harassed or put down by their partner through cell phones and texting.
- Victims of bullying also report the **highest rates** of being victims of sexual harassment by their peers.
- **1 in 4 women** in the United States reports experiencing violence by a current or former spouse or boyfriend at some point in her life.
- On average, **more than 3 women a day** are murdered by their husbands or boyfriends in the United States.

For additional facts and references, please visit: www.FuturesWithoutViolence.org.

