



Hanging Out or Hooking Up?



Anyone you're with—if you are talking, hanging out, or hooking up—should:

- ✓ *Make you feel safe and comfortable*
- ✓ *Not pressure you to get drunk or high because they want to have sex with you*
- ✓ *Respect your boundaries and ask if it's OK to touch or kiss you (or whatever else)*
- ✓ *Give you space to hang out with your friends*

But sometimes there is drama in relationships. How often does the person you are seeing:

- ✗ *Shame you or make you feel stupid?*
- ✗ *Pressure you to go to the next step when you are not ready?*
- ✗ *Control you, or make you feel afraid if you don't do what they want?*
- ✗ *Send lots of texts, ask for your online passwords, or make you send them naked pictures?*

How would you want your best friend, sister or brother to be treated by someone they were going out with? Ask yourself if the person you are seeing treats you with respect, and if you treat them with respect.



We are here to help. You or a friend can talk to us about how things are going. Or you can make a call to one of these confidential hotlines 24 hours a day:

National Teen Dating Abuse Hotline 1-866-331-9474
or online chat www.loveisrespect.org

Suicide Prevention Hotline 1-800-273-8255

Teen Runaway Hotline 1-800-621-4000

Rape, Abuse, Incest National Network (RAINN) 1-800-856-4673