

TIP SHEET: Dating Abuse Resources for Teens

What is a healthy relationship? What is dating abuse? How can I tell if my relationship is abusive? How can I help a friend in an abusive relationship?

Explore these resources to learn more about dating abuse. Abusers can track the websites you visit, so make sure you're on a safe computer. **If you or someone you know is immediate physical danger, call 911.**

- **Love Is Respect**, www.loveisrespect.org
This site has live chat and a hotline – you can text “LoveIs” to 22522 or call 1-866-331-9474 to confidentially talk to an advocate 24/7. The website has information and resources about dating abuse, including a quiz to help you determine if you're in a healthy, unhealthy or abusive relationship and resources for safety planning, legal help and other options.
- **The Hotline**, www.thehotline.org, provides around the clock, free and confidential tools for victims to find safety. The hotline is available 24/7 at 1-800-799-SAFE (7233), and there's live chat available on the website Monday through Friday from 9am-7pm.
- **That's Not Cool**, www.thatsnotcool.com
Your cell phone, IM, and online profile are all digital extensions of who you are. When someone you're with pressures or disrespects you in those places, that's not cool. *That's Not Cool* provides tools to help you draw your digital line about what is, or is not, okay in your relationships. The site includes information, videos, games and a forum with Q&A about technology and relationships.
- **A Thin Line**, www.athinline.org
MTV's A Thin Line campaign was developed to empower you to identify, respond to, and stop the spread of digital abuse in your life and amongst your peers. The campaign is built on the understanding that there's a "thin line" between what may begin as a harmless joke and something that could end up having a serious impact on you or someone else. We know no generation has ever had to deal with this, so we want to partner with you to help figure it out. The site includes information, real stories, suggested actions and a blog.

DATING ABUSE Tools for Talking to Teens

a project of JWI and the Avon Foundation for Women

- **Stay Teen**, stayteen.org
Stay Teen has information, games, videos and quizzes to help you think through your decisions around relationships and sex – for instance “My Paper Boyfriend/Girlfriend” is a short game where you can create an ideal partner and see how you respond to some challenging situations in your relationship. There’s also a search feature to find nearby health centers.
- **Go Ask Alice!**, goaskalice.columbia.edu
Go Ask Alice! provides unbiased and medically accurate answers to any and all anonymous questions. There’s a large archive of Q&A about relationships, and other topics include emotional health, sexual/ reproductive health and alcohol.
- **GLBT National Youth Talkline**, www.glnh.org
The GLBT National Help Center offers a free and anonymous hotline (1-800-246-PRIDE) and online chat for you to talk about relationship concerns, coming out and other issues. There’s also a huge resource library to help find help near you.
- **Don’t Let Yourself**, www.dontletyourself.org
This site has story-based videos that explain the dynamics of teen dating abuse. It also has resources to help identify abuse, get help and/or help a friend.