

TIP SHEET: Dating Abuse Resources for Adults

These resources provide information and guidance for adults who are concerned about teen dating abuse. **If you feel your teen or someone you know is immediate physical danger, call 911.**

- **Love Is Respect**, www.loveisrespect.org, provides information about abusive relationships, where to get help and about how to talk to teens about their relationships. Teens and adults can talk one-on-one with a trained advocate 24/7 who can offer support and connect them to resources (text “LoveIs” to 22522 or call 1-866-331-9474 to confidentially talk to an advocate). Love is Respect is a partnership between Break the Cycle and the National Dating Abuse Hotline.
- **WomensLaw.org**, www.womenslaw.org, is a site specifically designed to give easy-to-understand legal information about getting out of an abusive relationship. Laws are different depending on what state you are in, so you can find resources and information that are specific to your state.
- **Break the Cycle**, www.breakthecycle.org, provides information on warning signs of abuse, legal protections and research on teen dating violence.
- **GLBT National Help Center**, www.glnh.org, provides free and confidential phone and email advice, peer-counseling, and a comprehensive list of local resources by state
- **Don't Let Yourself**, www.dontletyourself.org, provides information and resources around identifying dating abuse and a free video-based curriculum.
- **100 Conversations**, www.100conversations.com, is a youth-developed guide of 100 conversations adults can start on topics ranging from boundaries to bullying.

Books:

- *Saving Beauty from the Beast: How to Protect Your Daughter from an Unhealthy Relationship* by Vickie Crompton. A guide for parents about teen dating abuse, written by the mother of a teenage daughter murdered by an abusive boyfriend.
- *Ending Violence in Teen Dating Relationships* by Al Miles. Miles is a nationally recognized expert in the field of domestic violence and teen relationship violence. This book explores the complex issue of teen dating violence through interviews and other

DATING ABUSE Tools for Talking to Teens

a project of JWI and the Avon Foundation for Women

research. He provides critical information that parents, caregivers, clergy, and educators can use to protect teens and help them foster healthy dating relationships.

- *But He Never Hit Me* by Jill A. Murray. This book explores the devastating impact on women who are in non-physical abusive relationships and how they can take steps to have a more healthy, positive and rewarding future