JOIN US!

- Want to help end dating abuse in your schools, community, state?
- Want to meet other young leaders?
- Interested in advocacy, community organizing or policy change?

Laurel House services:
- 24-hour confidential hotline services
- Emergency Shelter and Transitional Housing
- Individual Counseling and Support Groups
- Crisis Response (DART)
- Legal and Medical Advocacy
- Children's Program
- Community Education
- Thrift Shops -- Marian's Attic (King of Prussia), Laurel's Loft (Lansdale)

If you or a friend needs help, please contact:

**Teen and Young Adult Dating Abuse Task Force**

Open to any teens/young adults interested in ending dating/domestic violence -- Works alongside Laurel House to raise awareness in the community

-- Meetings are once a month

For more information, contact:
Lydia Lynes, Community Education Coordinator
llynes@laurel-house.org
(610) 277-1860 ext 121

text "loveis" to 22522
llynes@laurel-house.org
www.loveisrespect.org

Visit us at laurel-house.org

SAFE DATING

A GUIDE TO BUILDING HEALTHY RELATIONSHIPS AND SAFE DATING
# TEEN DATING ABUSE

**Definition of Teen Dating Abuse:**

A *deliberate* pattern of behaviors used to gain and maintain *power and control* over another person in a familiar or intimate partner relationship.

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## Warning Signs of Unhealthy Relationships

- Extreme jealousy
- Possessiveness/controlling behavior
- Sudden mood swings
- Constantly checking up
- Blames others when things go wrong
- Isolation
- Constant put-downs

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## Dating Abuse can take many forms:

- Physical
- Verbal
- Emotional/Mental
- Sexual
- Digital/Technological
- Academic
- Financial

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## No One is Alone!

Abuse can happen to *anyone* regardless of:

- Age
- Race
- Gender
- Sexual orientation
- Religion
- Education level
- Relationship status
- Socio-economic status
- Where you grew up

Help is out there! Contact a trusted family member, friend, teacher, counselor, advocate

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## 1 in 3 children will be exposed to family violence by age 17

## 1 in 3 teens will experience physical, sexual, emotional or verbal abuse by a partner

## Only 33% of teens will tell someone about the abuse

## Girls between ages 16-24 experience intimate partner violence at higher rates

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## Leaving an Abusive Relationship...

- Don't confront abuser alone
- Break up over text/phone if it is unsafe to do so in-person
- Plan for your safety... make a Safety Plan
- Have Uber/Lyft information at all times
- Identify support systems (friends, family, counselors, advocates, teachers, coaches, etc)

**Remember...**

- You are **NOT** to blame
- You do **NOT** deserve to be abused
- You deserve to be treated with respect and kindness
- You deserve to be happy!

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## What Can I Do to Help a Friend?

- Don't be afraid to reach out if you think they may need help
- Ask questions, and listen patiently
- Tell them that you are concerned about their safety
- Be supportive and believe them
- Focus on your friend, not the abuser
- Be respectful of your friend's decisions
- Connect friend to community resources and counselors

Even when you feel like there is nothing else you can do, know that by caring and supporting the person, you're already doing a lot!