

# You're Not Alone – Start Here

## If You Are in Immediate Danger

- **Call 911**
- **Crisis Text Line: 741741**
- **\*If calling isn't safe try texting, chatting, or using a trusted persons phone\***

## What You Can Do Right Now

- Try to get to a **safer place** if you can (near an exit, outside, or with someone you trust)
- Keep your **phone charged** and close to you
- Save emergency numbers **under a different name**
- **Trust your instincts**

## You Are Not Alone

- You do not have to leave today to get help
- You do not have to be sure it's abuse to reach out
- Help is available at your pace. Support is here when you're ready.

When You're Ready, Learn More About:

[Safety Planning](#)

[Restraining Orders](#)

[Legal Food Housing Financial](#)

[Resources](#)

[National Teen Dating Abuse Hotline](#)

### Tech Safety Note:

- **Use a private browser**
- **Clear your browser history**
- **Access this guide from a safe device**



# For Teens & Young Survivors

You deserve to feel safe, respected, and supported in your relationships. Abuse can happen at any age. Help is available.

## What Abuse Can Look Like in Teen Relationships



- Constant **texting** or needing to know where you are
- Getting **angry** or **not allowing** you to spend time with friends
- Pressuring you to share passwords
- Threats, insults, or humiliation

Abuse isn't always physical. Emotional and digital abuse count too.



## If This Sounds Familiar...

- It's **okay** if you're still not sure what to call it.
- It's **okay** to still care about them.
- It's **okay** to ask for help.



## Getting Help as a Teen

- You can talk to a **trusted** adult (parent, teacher, counselor)
- You can reach out to a **confidential** hotline
- You can ask questions **without** taking action



## Teen Specific Resources

- **National Teen Dating Hotline**
- Call or text **1-866-331-9474**
- Text **LOVEIS** to **22252**
- Crisis Text Line **741741**

## Privacy & Tech Safety Tips

- Be careful with shared passwords
- Turn off location sharing if needed
- Use private browsing



# Helping a Friend

If you're worried about a friend's relationship, it makes sense.  
You don't have to have all the answers to be supportive.



## Signs a friend might be experiencing abuse

- They seem **anxious** about upsetting their partner
- Their partner **constantly** checks their phone
- They **pull away** from friends or activities
- They make **excuses** for their partners hurtful behavior
- They seem **afraid** to say no

Trust your gut. Noticing something doesn't mean you're wrong



## How to Support Them

- Listen **without** judging or interrupting
- Believe them and take their feelings **seriously**
- Let them make their **own** decisions
- Ask them what **they** need
- Help them find the resources **if they want**



## What **NOT** to Do

- Don't **pressure** them to leave
- Don't **confront** their abusive partner this increases risk.
- Don't share their story **without permission**.
- Don't **blame or minimize** what is happening.



## When to Get Extra Help

- If your friend is in immediate danger **call 911**
- Reach out to a hotline for advice on how to help

Supporting someone can be stressful. It's okay to ask for help for yourself too.