



Teen Relationships

Types of Abuse

Physical
Sexual

Verbal
Emotional

Technological
Financial

Healthy

- Feeling safe with your partner
- Having fun with your partner
- Your privacy is respected
- Your partner communicates and listens to you
- You and your partner make decisions together
- You are treated as equal in the relationship
- You and your partner trust and respect each other
- You and your partner can have personal space and time apart
- No pressure is felt about sexual choices
- You can disagree without violence or fear

Unhealthy

- Being jealous without cause
- Isolation from friends, family, and activities
- Using drugs or alcohol
- Acting controlling or "in power"
- Being humiliated, embarrassed, or put down
- Being blamed for someone else's personal failures
- Being threatened with physical, emotional, or sexual harm
- Being ignored as punishment
- Losing temper easily or having mood swings
- Lying or cheating
- Your behavior changes a lot when dating someone
- Constant texts or keeping tabs on you 24/7

Safety Planning

A safety plan is a personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you are in danger.



Who is your safe person?

- Identify a person you can talk to and keep their contact information with you.
- Develop a code word/phrase with your person to use if you are unsafe and decide what to do with that safe word/phrase.
- Memorize hotline numbers.

How to stay safe at...

Home

- Have a safe person to talk to
- Try not to be home alone, if so lock all doors and windows
- Don't tell others when your parents are gone
- Keep your cellphone on you
- Have two safe places to go if home becomes unsafe

School

- Take a different route to and from school
- Change your class schedule
- Walk to and from classes with friends
- Find a trusted teacher to talk to

Online

- Avoid sharing private information in gamer-tags/handles
- Check your privacy and location settings
- Don't share passwords
- Report inappropriate content
- Don't add or respond to someone you don't know

How to help a friend who is the...

Victim

1. Talk with them in private and keep it confidential.
2. Listen more than you talk, and acknowledge their feelings.
3. Tell them they did not deserve abuse. Abuse is never the victim's fault.
4. Let them make decisions and do not give advice unless they want you to.
5. Make a safety plan of ways they can keep safe.
6. Tell them about available resources.
7. Do not make victim-blaming statements, such as "You're stupid to stay with them!"
8. Do not contact the abuser. This could create more problems for the victim.

Abuser

1. Tell them clearly that the behavior is not cool.
2. Do not laugh at jokes about the abusive behavior.
3. Support their partner and let the partner know they do not deserve to be abused.
4. Speak up when peers make disrespectful remarks or jokes.
5. Do not support when they blame the victim for the abuse.
6. Encourage them to get professional help.
7. Tell them the behaviors are a choice and it is up to them to change.
8. Do not let the conversation turn to a discussion of the victim's faults.

Turning Point

800-232-6505

turningpoint6.org

text *tphelp* to 20121

National Teen Dating Abuse Hotline

866-331-9474

loveisrespect.org

text *loveis* to 866-331-9474

National Domestic Violence Hotline

800-799-7233

thehotline.org

National Runaway Safeline

800-786-2929

1800runaway.org

text 66008

Services are available to any victim regardless of race, color, religion, gender, sexual orientation, national origin, age, disability, marital status, amnesty, or status as a covered veteran in accordance with applicable federal, state, and local laws. All services are confidential.

LEP/Deaf/Hard of Hearing Service are available.

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**Delaware-Morrow Mental Health
& Recovery Services Board**
Supporting Wellness. Building Hope. Transforming Lives.

