

HELP US END TEEN DATING VIOLENCE

Teen dating violence affects millions of teens each year.

1 IN 3 TEENS WILL BE IN AN UNHEALTHY OR ABUSIVE RELATIONSHIP. ALL HOPE IS NOT LOST.

Existing cultural attitudes that perpetuate teen dating violence can be changed with **your help**.



sarah's inn
together strong

HOW TO BE AN ALLY

EDUCATE OTHERS

Respectfully educate those around you on why they should stop using violent or prejudiced language (this includes memes, jokes, Snaps, casual conversation, etc).

Tip: Use open-ended questions to guide the conversation. For example, ask them to explain the punch line of the joke to you.

DO YOUR RESEARCH

Give a second thought to supporting celebrities, companies, and products that are known to be sexist or violent.

TAKE RESPONSIBILITY

Embrace taking accountability for your actions and mistakes, as this creates a culture of responsibility.

RESPECT BOUNDARIES

Respect other people's boundaries and don't shy away from communicating your own.

BE AN ADVOCATE

Support those who come to you for help by using empathy rather than judgement.

FOR MORE INFO

SARAH'S INN

sarahsinn.org
@sarahsinnoakpark
24-Hour Crisis Line 708-386-4225

LOVE IS RESPECT

loveisrespect.org
866-331-9474 or text "LOVEIS" 22522
@loveisrespectofficial

ONE LOVE

joinonelove.org
@join1love

RESILIENCE

ourresilience.org
@resiliencechi

GIRLS INC.

girlstoo.girlsinc.org
@girlsinc

SCAN HERE FOR MORE RESOURCES



WARNING SIGNS OF AN UNHEALTHY PARTNER

JEALOUSY

Is jealous or possessive; gets angry when you talk or hang out with other friends

CONTROLLING

Tells you what not to wear, who you can't talk to, where you can't go

VIOLENT

Gets in fights a lot, loses their temper a lot

DEGRADING

Swears at you, or uses degrading language when talking to you

BLAMING

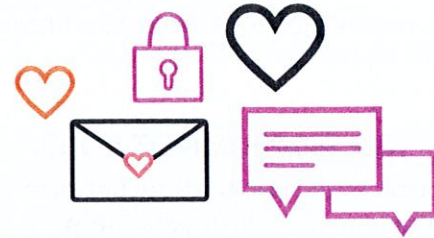
Blames you for their problems, or tells you that it's your fault that they hurt you

UNEASY

Makes you feel like you are "walking on eggshells" and worrying that anything could set them off

CONSTANT CONTACT

Calls or texts to check up on you all the time and always wants to know where you're going and who you're with



HOW TO HELP A FRIEND

- ♥ Listen and support them, as you may be the only person they have to talk to about what they're going through.
- ♥ Connect them to resources that can help them: a trusted adult or support services like Sarah's Inn (www.sarahsinn.org).
- ♥ Be a witness. Don't ignore abuse that you see or hear. Help your friend recognize the abuse and that it is NOT their fault and they deserve a healthy, safe relationship.
- ♥ Focus on the aggressor's behavior rather than on your friend.
Tip: Use "I statements" to communicate how the aggressor's behavior makes you feel. "I feel uneasy when they yell at you like that. How are you feeling?"
- ♥ Every situation is different. Trust your gut. If something doesn't feel right to you about the situation, you're probably right. Remember that YOUR safety is also important.

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708-386-4225

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