



*Not Just another  
one of those...*

**TEEN HELP GUIDES**

# THIS FEELS SO CONFUSING! AM I THE ONLY ONE DEALING WITH THIS RIGHT NOW?



1 IN 3 TEENS HAVE EXPERIENCED FORMS OF DATING VIOLENCE STARTING AS EARLY AS 6TH GRADE



70% OF YOUTH STAY SILENT & MANY ADULTS DO NOT BELIEVE ABUSE IS AN ISSUE FOR TEENS

ABUSE IS A CYCLE THAT WILL REPEAT IF IT IS NOT SAFELY INTERRUPTED



## HOW AM I SUPPOSED TO GET THROUGH THIS?

- REMEMBER YOU ARE NOT TO BLAME FOR SOMETHING THAT HAPPENS TO YOU. YOUR PHYSICAL AND EMOTIONAL SAFETY ARE A TOP PRIORITY.
- CONNECTING WITH A TRUSTWORTHY ADULT AND CREATING A CIRCLE OF SUPPORT IS A GREAT FIRST STEP TOWARD HEALING.
- MAKE TIME FOR PEOPLE WHO MAKE YOU FEEL SAFE.
- LIGHT EXERCISE AND DEEP BREATHING THROUGHOUT THE DAY WILL HELP REDUCE THE IMPACT OF STRESS ON YOUR BODY.
- START A NOTEBOOK OR JOURNAL OF THINGS YOU ARE GRATEFUL FOR, THAT DAY.
- TAKE TIME TO REMEMBER WHO YOU WANT TO BE AND NOT THE EXPECTATIONS OF OTHERS.
- DECLUTTER YOUR WORLD BY LIMITING YOUR TIME ON SOCIAL MEDIA AND MORE TIME ON YOUR GOALS.
- HEALING IS A ONE-DAY-AT-A-TIME DEAL... SLOW DOWN.

## WARNING SIGNS

- IS INTENSE OR "TOO SOON TOO FAST"
- PUSHES YOU TO DO THINGS YOU DON'T FEEL COMFORTABLE DOING
- TIME TOGETHER HAS TURNED INTO TELLING YOU WHO YOU CAN SPEND TIME WITH AND WHERE YOU GO
- OVERREACTS OR EMOTIONS HAVE EXTREME UPS AND DOWNS
- BLAMES OTHERS OR OUTSIDE CIRCUMSTANCES FOR THEIR ACTIONS
- HAS A HISTORY OF TOXIC RELATIONSHIPS
- KEEPS YOU FROM DOING THINGS YOU WANT TO DO OR PURPOSEFULLY RUINS YOUR REPUTATION
- CAUSES YOU HARM PHYSICALLY, EMOTIONALLY, PSYCHOLOGICALLY
- BULLIES, HURTS OR HUMILIATES ANIMALS OR YOUNGER CHILDREN
- SAYS OR DOES THINGS TO YOU THAT MAKE YOU FEEL BAD ABOUT YOURSELF
- DISHONEST, DISLOYAL, OR ACTS DIFFERENT AROUND OTHERS
- THEIR ACTIONS DO NOT MATCH YOUR DEFINITION OF LOVE

## HELPING YOUR FRIEND

Helping someone find the support they need doesn't have to be as difficult as finding the 14 hidden objects on the other side of this card.

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LISTEN AND BE SUPPORTIVE, EVEN WHEN YOU DON'T UNDERSTAND OR AGREE WITH THEIR CHOICE TO STAY OR LEAVE A RELATIONSHIP. HELP THEM CONNECT TO A CARING AND TRUSTWORTHY ADULT THAT CAN PROVIDE RESOURCES TO INCREASE THEIR SAFETY. DON'T GIVE UP ON THEM, EVEN WHEN TRYING TO HELP THEM SEEMS FRUSTRATING... THERE IS HOPE!

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