

I'M WORRIED ABOUT MYSELF OR A FRIEND... WHO CAN I TALK TO?



- Trusted family member or friend
- Teacher, guidance counselor, coach, other school staff
- Anyone you trust



- Teen Dating Violence Hotline text "loveis" to 22522
- Laurel House 24-Hour Hotline 1-800-642-3150



- Visit loveisrespect.org
- Visit Laurel-House.org



education@laurel-house.org



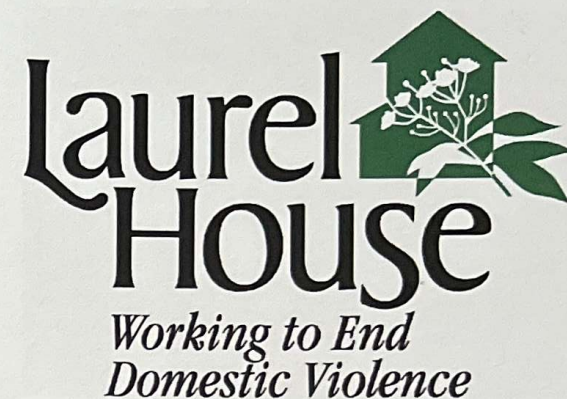
WHAT CAN I DO TO HELP A FRIEND?

- ✓ Don't be afraid to reach out to them if you think they may need help
- ✓ Ask questions and listen patiently
- ✓ Tell them you are concerned about their safety
- ✓ Support and believe them
- ✓ Focus on your friend, not their partner
- ✓ Respect your friend's decisions, even if they choose to stay together
- ✓ Connect them to safe people they can talk to



Want to do more?

Ask us about volunteer and service projects opportunities



Healthy Relationships for Students

24-Hour Hotline
1-800-642-3150

www.laurel-house.org



Start with Honesty

**Spend Time to Get to Know
Each Other**

Don't Rush Things

Put in Effort Equally

Keep Some Things Offline

TIPS FOR HEALTHY RELATIONSHIPS

Establish and Maintain Trust

**Have Freedom to Express
Yourself**

Communicate and Compromise

Allow Room to Grow

Have Fun!

DOES MY PARTNER...

Treat me like an equal

Value my opinions

Support what I want to do

Listen to me

Make me laugh

Act truthful with me

Respect my boundaries

Like that I have other friends

Act jealous often

Make me cry

Tease me or put me down

"Check up" on me a lot

Not support the things I like

Pick fights often

Lie to me

Pressure me to do things

Always blame me

Not want me to have friends

Always track where I'm at

Threaten to break up with me

Not respect my boundaries

Hit me

Always demand sex

Force me to do things

Healthy

Unhealthy

Abusive