



# Teen Dating Abuse Help



**I Think I Might Need  
Help...**



# Know that it is not your fault.

- First and foremost, **know that you are not alone and help is available!**
- Talk to a friend.** If you haven't yet told a friend about what's happening in your relationship, try it. Ask them to listen without trying to solve the problem for you.
- Try taking a break.** If you're not happy with the way you're being treated but you're not sure what to do, consider taking some time alone to think about it.
- Consider talking to an adult.** If your situation is too big to handle alone, it may help to confide in a trusted adult. If not a parent, try discussing concerns with a teacher, the parent of a friend, counselor, or other adult with whom you are comfortable.
- If you don't feel safe, try to not be alone with your boyfriend/girlfriend.** Even if you're not ready to make any major decisions about your relationship, avoid spending time alone with your partner if you feel apprehensive or scared. Spend time in groups and/or in public as much as possible.

**How can you help  
a friend who may  
be experiencing  
abuse?**





**When talking with a friend you think might be in an abusive relationship, there are several key factors to keep in mind:**

- Listen** to what they have to say, and **don't be judgmental**.
  - Let them know **you are there for them** whenever they need to talk, and that you are worried about them.
  - Assure them that **you won't tell anyone** they don't want to know about their situation, **and then keep your word** (unless you fear for their physical safety).
  - Be specific about why you are concerned-"**I felt bad when your partner insulted you in front of all of us. They don't have the right to treat you that way. How did you feel about it?**"
  - Let your friend know **you won't stand by** and let the behavior continue.
  - Find someone knowledgeable** about abuse with whom your friend can discuss their situation, and **volunteer** to go with them.
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