

How to Help a Friend

- Remember that only the abuser is responsible for the violence. **Your friend is not to blame.**
- **Be patient.** It takes courage for victims to take action. Speaking to you is a huge first step.
- **Listen** without judgment.
- **Express your concerns** for his/her safety.
- **Encourage** your friend to seek help.
- Suggest s/he **report the abuse** to the police.
- **Encourage** him/her to participate in activities with friends and family outside of the abusive relationship.
- Avoid telling him/her to leave the relationship. Instead, **discuss how s/he can stay safe.**
- **Avoid direct confrontation with the abuser;** this could be dangerous for you and your friend.
- If you are worried, but feel you can't talk to your friend, **speak with an adult you trust** (such as a teacher, school principal, counselor, school resource officer, parent, or employer).
- **Give your friend this pamphlet.**

Call the police
if you witness
violence.

Don't wait.
Seek help today.

Contact the *Domestic Violence
Prevention Officers* or the *Victim
Advocates* at your local precinct or PSA.

For emergencies, dial "911."

TEEN DATING

Are you or someone
you know experiencing
teen dating violence?

Know the signs.
Seek help today.

Know the signs. Don't wait. Seek help.

The Dating Quiz

- “My partner gives me a hard time when I want to spend time with my friends instead of hanging out with him/her.”
- “My partner gets angry when I don't answer his/her phone calls or texts. S/he won't stop calling until I respond.”
- “My partner always wants to know what I am doing, where I am going, and whom I am with.”
- “If I have a disagreement with my partner, s/he loses control, gets upset, and says hurtful things.”
- “Sometimes my partner pressures me to do things that make me uncomfortable.”

If **any** of these apply to you, **you may be experiencing dating violence and abuse.**

You are not alone and there are many people who can help you. **No one deserves to be treated this way.**

Use this pamphlet for resources, assistance, and tips.

The VOMPD Can Help

Some teen dating violence or abuse is criminal. You can speak with a *Domestic Violence Prevention Officer* or a *Victim Advocate* at your local precinct or PSA who will explain your options.

- Officers and victim advocates can inform you about how to obtain an **Order of Protection**.
- They can help you **obtain referrals to health care and social service programs**.
- Officers and victim advocates can also help you **develop a safety plan** tailored to your specific needs.

Resources

The following hotlines can provide you with further information concerning safety planning, referrals, housing options, and guidance on the criminal justice process.

- **National Dating Abuse Helpline** (www.loveisrespect.org)
1 (866) 331-9474 | TDD: 1 (866) 331-8453
- **Day One** (www.dayoneny.org)
1 (800) 214-4150
- **Anti-Violence Project** (www.avp.org)
(Assists LGBT+ and HIV-affected individuals)
1 (212) 714-1141

How to Help Yourself

- **Protect yourself online.**
 - Explore information available about you by visiting social networking sites. Type your name into a web-based search engine.
 - Be mindful of any personal information you willingly share.
 - Change your passwords regularly.
 - Install anti-spyware software onto your computer and keep it updated.
 - If you think someone is tracking you with your cell phone, power down the phone and remove the battery when it's not in use.
- If someone is harassing you with threatening phone calls or text messages, **call your service provider and block his/her number, or change your phone number.**
- **Call the police to report abuse or harassment.**
- Consider obtaining an **Order of Protection**.

How to Help Your Community

- Join a peer education program on dating violence.
- Encourage your school to start programs that promote healthy relationships.
- Read up on healthy relationships and dating violence.