

**love is respect V org**

National Teen Dating Abuse Helpline

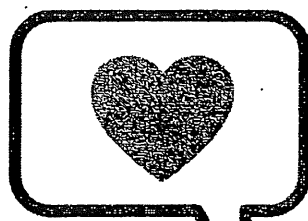
**1-866-331-9474 1-866-331-8453 TTY**

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## **About the [loveisrespect.org](http://loveisrespect.org) National Teen Dating Abuse Helpline:**

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The [loveisrespect.org](http://loveisrespect.org) National Teen Dating Abuse Helpline is a 24 hour resource for teens and young adults experiencing dating abuse. It is specifically designed with teens and young adults in mind, operating around the growing technologies that they use most often: the phone, the web, and chat. Young men and women, along with their friends and families, can anonymously contact a trained teen dating abuse advocate by phone 24/7 at (866) 331-9474 or TTY (866) 331-8453. They can also chat in a one-on-one, confidential conversation with a peer advocate between the hours of 4 pm and 2 am. All advocates on the [loveisrespect.org](http://loveisrespect.org) National Teen Dating Abuse Helpline are trained to offer crisis intervention, safety planning, and referrals from a database of over 4,500 resource providers.



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**Do you think your relationship is healthy and respectful?  
Does your partner?**

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Love is respect. Love is not:

Calling your partner names or putting them down.

Hitting, slapping, pushing

Making threats of any kind.

Monitoring their email or text messages or texting them excessively.

Forcing or guiltting them into doing things.

Trying to keep them away from friends or family.

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**Your relationship doesn't have to look like this.**

Dating violence affects everyone –  
60 percent of females and 40 percent of males report having a  
personal experience, either as targets or as abusers.

**Call us if you need to talk. We're here 24 hours a day, 365 days a year.**

All calls and chats are anonymous and confidential.

1-866-331-9474 /TTY 1-866-331-8453 or chat online [www.loveisrespect.org](http://www.loveisrespect.org)



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**Does something about your relationship worry you?  
Take the most important quiz of your life - we're here to help you pass.**

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Does your boyfriend/girlfriend:

Try to control where you go, what you wear or what you do?

Act jealous or possessive?

Call, Text or IM you excessively?

Hit, slap, pinch, push or kick you?

Threaten to kill or hurt you or themselves if you leave them?

Try to stop you from seeing or talking to friends and family?

Try to force you to have sex before you're ready?

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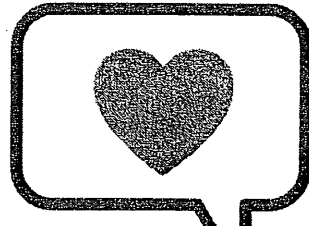
**If you said yes to even one, you may be in an abusive relationship.**

You are not alone -

One in three teenagers has experienced  
violence in a dating relationship

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**Does something about your relationship scare you?**

Take the most important quiz of your life and know we're here to help you pass.

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Does your boyfriend/girlfriend:

Look at you or act in ways that scare you?

Act jealous or possessive?

Put you down or criticize you?

Try to control where you go, what you wear or what you do?

Text or IM you excessively?

Blame you for the hurtful things they say and do?

Threaten to kill or hurt you or themselves if you leave them?

Try to stop you from seeing or talking to friends and family?

Try to force you to have sex before you're ready?

Do they hit, slap, push or kick you?

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If you said yes to even one, you may be in an abusive relationship.  
Call us if you need to talk. We're here 24 hours a day, 365 days a year.

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